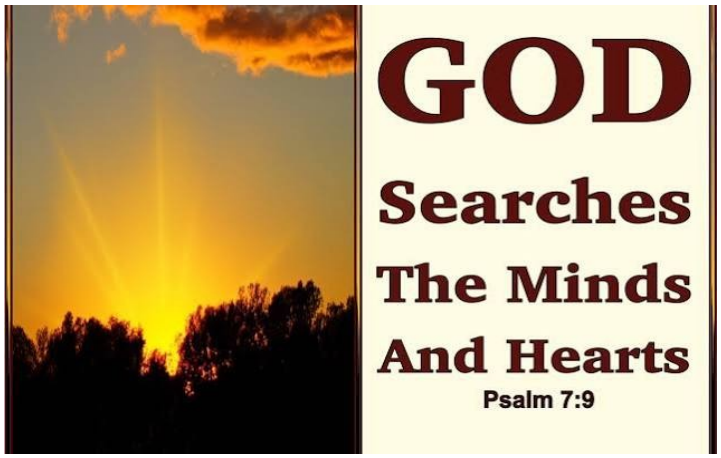
HOOKED

By J. Limones

There is Hope



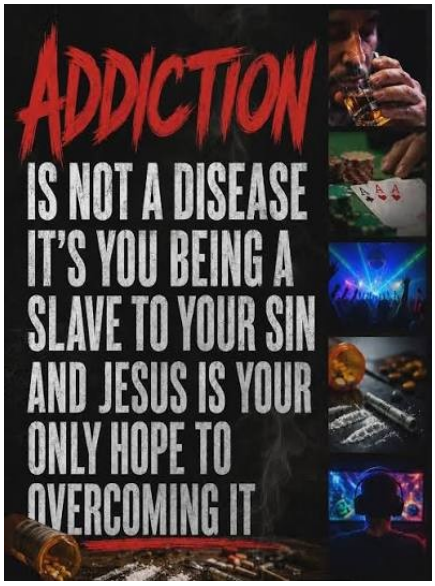
*NEUROPLASTICITY=the brain is capable of re-routing and start the healing process. Damaging the brain from the drugs is the "walk in the shadows" , with the proper care and spiritual awakening, there is "light at the end of the tunnel"

WE REBUILD OUR:

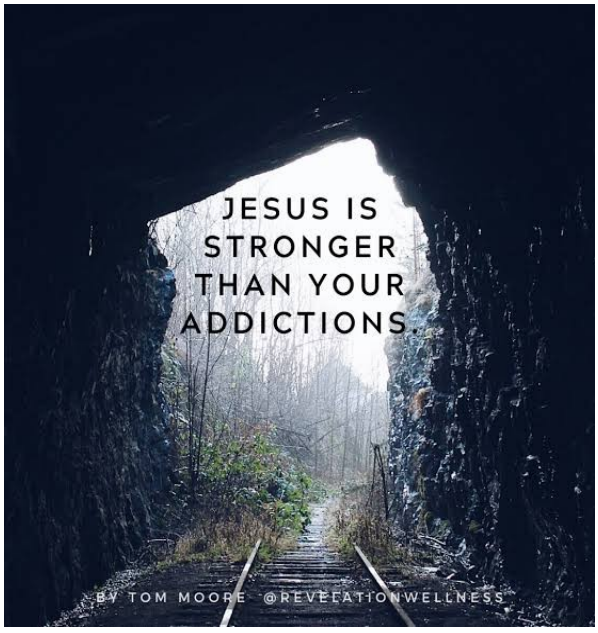
- Identity: our unique set of physical, psychological, and interpersonal characteristics (memories, values, & experiences). That create a steady sense of "self" overtime.
- Character: 1. the mental or moral qualities distinctive to an individual.

2. Moral and Ethical qualities, representing the sum of the habits, motives, and actions; especially how they manifest in integrity, honesty, and courage; even when unobserved.

- Personality: the enduring, unique, and relatively stable configuration of traits, emotions, and behaviors that define an individual's way of interacting with the world. Complex blend of inherited genetics factors and environmental experiences that influence how people think, feel, and behave across different situations.

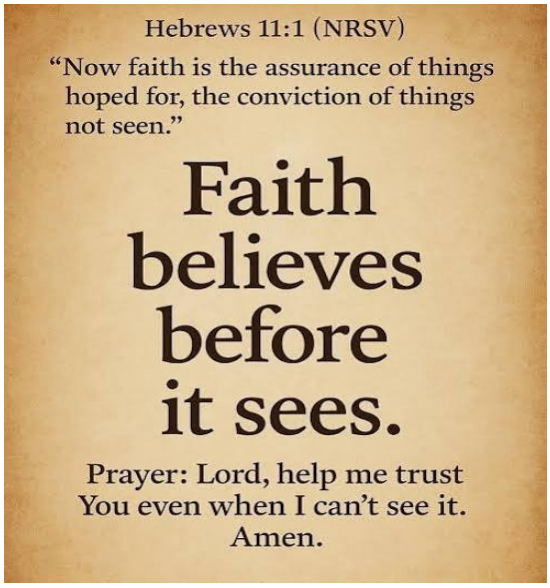


The substances have taken their toll on the mind, body, and soul. Causing us to spiral out of control. For most of us it is very subtle and feels like there is no hope. The spirit of addiction will continue to feed you lies and temptation will not cease. Reach out to God, He is waiting with open arms. If you can trust in a substance for quick relief, try trusting your Creator for the remedy from the addiction. It's a spiritual battle in the mind that needs a spiritual solution only God can provide.



INTRO

There is Hope...All You Need is 1%

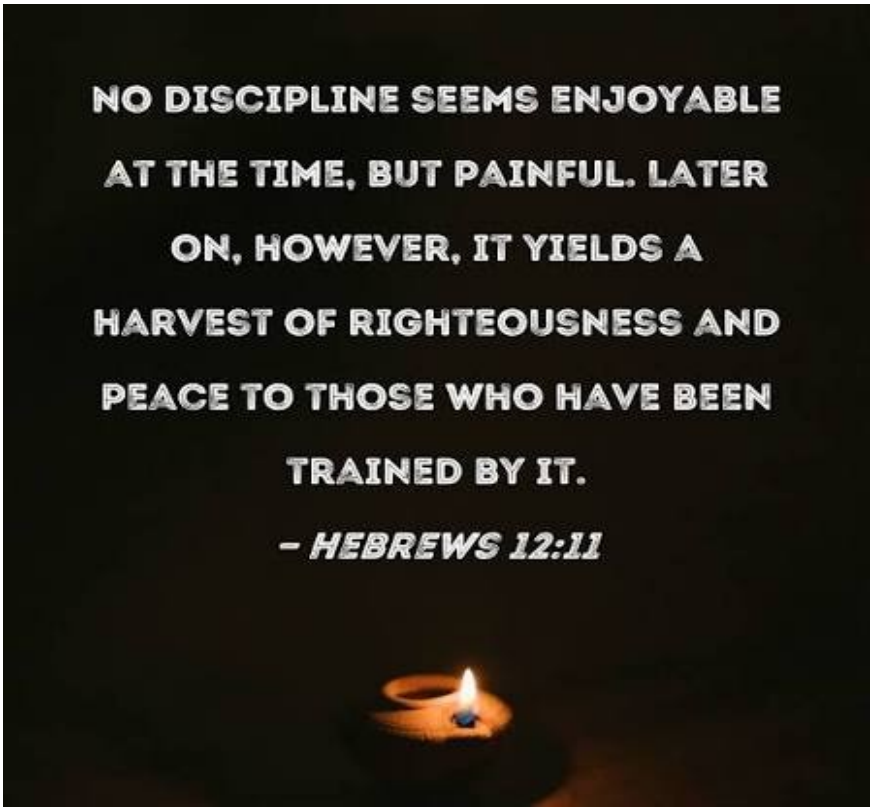

Hebrews 11:1 (NRSV)
"Now faith is the assurance of things hoped for, the conviction of things not seen."
Faith believes before it sees.
Prayer: Lord, help me trust You even when I can't see it. Amen.

Faith tells us that the remedy is in our hearts, instilled in us by God. It needs to be activated; our soul needs to be quickened. Starting with surrendering to God. We must be honest to him and ourselves. Reaching out and wanting what he really has in stored for each one of us. Then watch the miracle of transformation happen within us.

We will need to explore various key factors to have a successful recovery from the hook of the spirit of addiction. They are "ego death", emotional

sobriety, and spiritual surrendering to the Holy Spirit. Our freedom from the spirit of addiction is the goal, it’s our **hope.** We will build our **Faith** to put weight on our goal so it doesn't float away; like many of our dreams have. Faith will be the foundation, our rock on which we will build upon.

This is not going to be a walk in the park or an overnight "thing". It's a **life time commitment** that will lead us out of the "wilderness" of substance abuse, into the light of the Lord. He is going to transform you into the beautiful creation he set you out to be. I hope you don't relapse; I hope you see it through to the end, I hope you see yourself as a beautiful creation and a child of God (in your new identity).


NO DISCIPLINE SEEMS ENJOYABLE
AT THE TIME, BUT PAINFUL. LATER
ON, HOWEVER, IT YIELDS A
HARVEST OF RIGHTEOUSNESS AND
PEACE TO THOSE WHO HAVE BEEN
TRAINED BY IT.
– HEBREWS 12:11

We have been living in the ultimate state of isolation from self, others, and the divine. Our addiction has lied to us our whole lives. Implanting in our heart that "we are not worthy of God", "he doesn't love us", "we are not of his creation". Besides what would He do with a vagrant druggie like myself. I personally found guilty pleasures and hid behind the tree like Adam. Waiting in vain and shame for death to take me away. We all felt some kind of way in our lowest point even though we were "high". You are not alone; we are in this together.

All through the Bible, Jesus Christ has gathered together his people from all walks of life; murders, prostitutes, thieves, tax-collectors, the poor and now it's time for our turn the **addicts.** We are born to shine, not die out in our

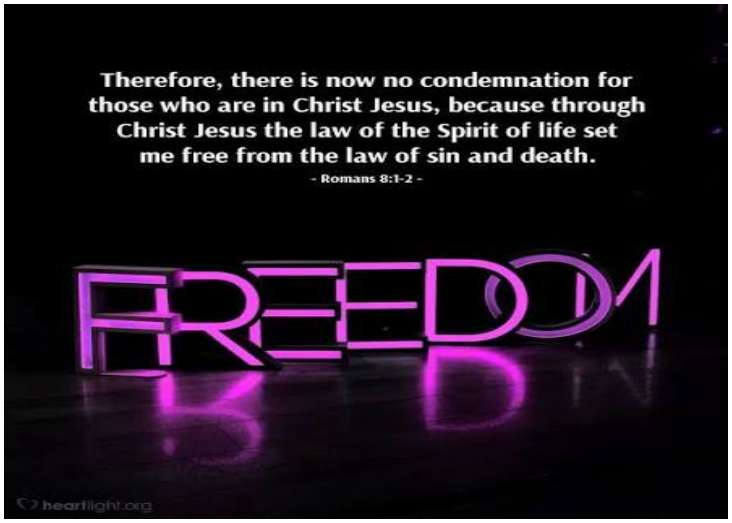
dimly lit shell of a person. We have that 1% left flickering and he wants to make a bonfire out of it, if you let him.

Make your decision now to turn a new leaf. Stop the decaying of yourself from any further progress. This book is to show you how to seek him and hold on to him tight. All you need is 1%. We no longer will see the drugs as a solution, but as a poison to our spirit. Which is decaying within us. An empty remedy to our pain, a false idol that has *Hooked* us.

We are dealing with a God of paradoxes. The idea is the remedy is found only when we stop fighting & completely surrender our will to Him. Jesus Christ is our fearless leader and the Holy Spirit is his 5-Star general. We are in a spiritual warfare, on the winning side. Now it's time to get nursed back to health, from being a P.O.W. in the camp of addiction. We are no longer Hooked, but we have wounds to heal.

I had a 30 yr. addiction, the whole time I fought against God. Using satanism and drugs to accomplish small wins but not without a cost. Losing everything from jobs, my families trust and even a place to stay. Surrendering to Him set me on a righteous path that I never knew existed nor did i think was attainable. I was spiritually bonded to my addiction of violence, drugs, and money. Until i finally hit rock bottom.

12 yrs of studying the Word, following Jesus Christ, and listening to what he had to say. Not only set me on the right path but he saved me from my destructive habits and self. He gave me a purpose (a new outlook in life). He allowed me to live how he intended us to live, without fear, hurt, worry, or being lost.


Therefore, there is now no condemnation for those who are in Christ Jesus, because through Christ Jesus the law of the Spirit of life set me free from the law of sin and death.
- Romans 8:1-2 -
FREEDOM
heartlight.org

Spiritual Steps to Addiction:

Spirit of Addiction

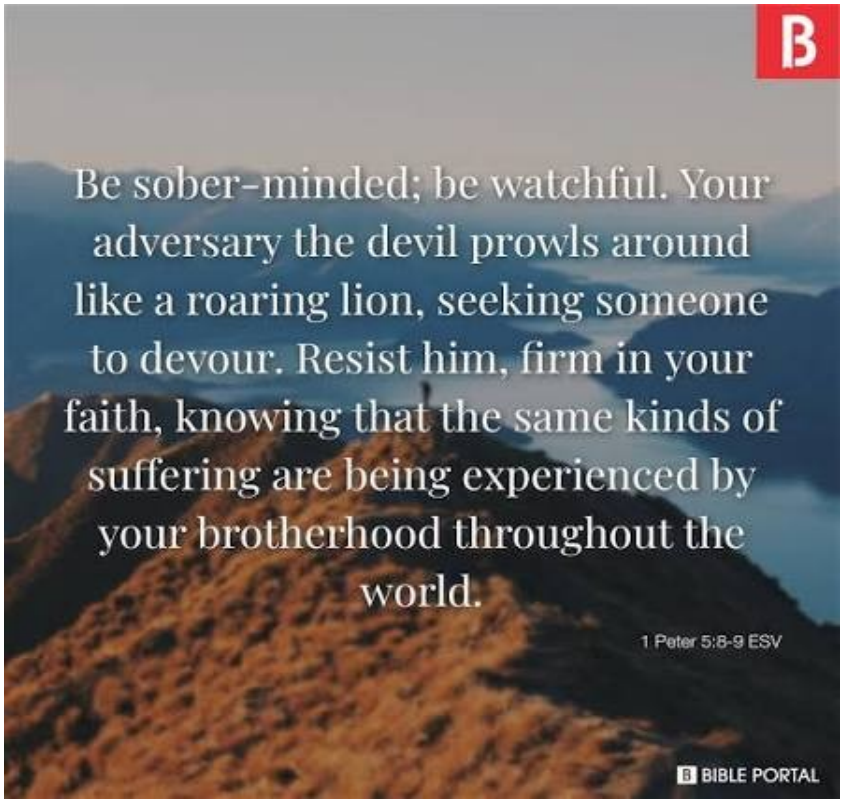
The Spiritual Progression of Addiction

Stage	Name	Spirit State	Behavior/Indicator
1	**Spiritually Unhealthy**	**Experimenting**	**Curiosity & Escapism:** Using to cope with low self-worth, boredom, or temporary stress. The "fun" stage, but already avoiding reality.
2	**Spiritually Sick**	**Regular Use**	**Numbing:** Using to "feel normal." The spirit is dulled, and connection to one’s true self begins to break. Shame is suppressed.
3	**Spiritual Exhaustion**	**Tolerance Building**	**The Vicious Circle:** Desperate attempts to regain a 10/10 feeling, but getting lower returns. The soul is fatigued by the "use-crash-guilt" cycle.
4	**Spiritual Wound**	**Dependence**	**Isolation:** Loss of connection to purpose and others. Guilt and resentment dominate. The person feels "broken" or "separate" from the core self.
5	**Spiritual Death**	**Addiction**	**Total Depletion:** No longer using for pleasure, but for existence. Complete loss of freedom, self-respect, and moral compass. A profound inner void.

Key Spiritual Indicators of Progression

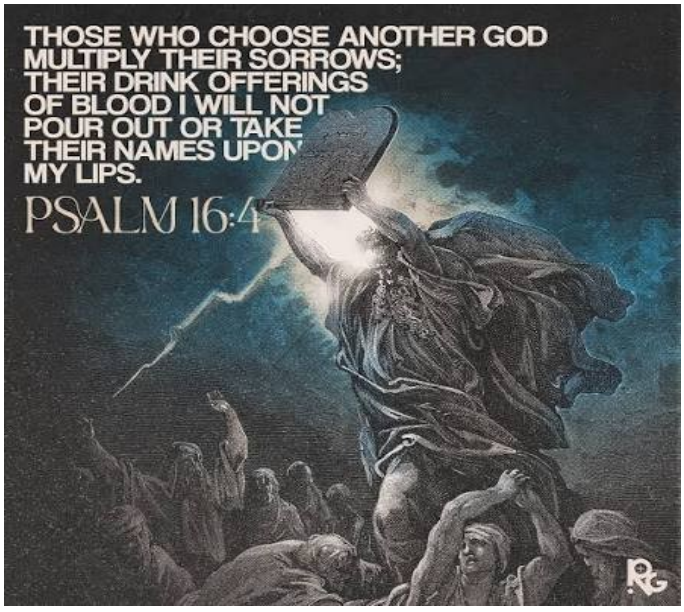
- **Growing Preoccupation:** Anticipating the next use/behavior and losing interest in other life aspects.
- **Loss of Core Self:** Addiction is seen as a "spiritual malady" where the individual loses touch with their authentic values and core self.
- **The Spiritual Void:** The final stages are characterized by a deep feeling of shame and unworthiness, often replacing a sense of purpose.

The Spirit of Addiction is real and he has targeted us by catering to our curiosity. He has teamed up with, "the spirit of pharmakos" referring to the **spirit of the *pharmakos*** (φαρμακός)—an ancient Greek ritual concept that embodies the profound paradox of **something being simultaneously a poison and a cure**.


Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour. Resist him, firm in your faith, knowing that the same kinds of suffering are being experienced by your brotherhood throughout the world.
1 Peter 5:8-9 ESV
BIBLE PORTAL

We sought for a "good time" and got stuck in a vicious life changing cycle. The art of deception is what these spirits have mastered, to put their hooks in us.

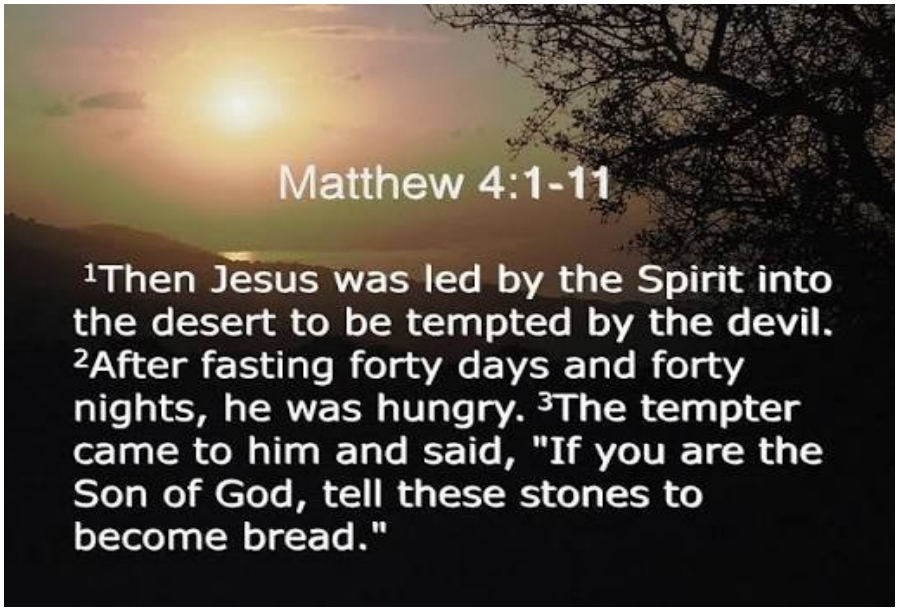
We have replaced God with the idolatry of addiction. Becoming a slave to a corrupt master that causes us harm.



CHAPTER 1

A Walk in the Wilderness:

The Experiment/Temptation


Matthew 4:1-11
1Then Jesus was led by the Spirit into the desert to be tempted by the devil. 2After fasting forty days and forty nights, he was hungry. 3The tempter came to him and said, "If you are the Son of God, tell these stones to become bread."

For Jesus it was 40 days and 40 nights. For us addicts it could be a life time of failed attempts to stop. Only failing to realize that each day passing us by, our hooks are digging deeper into us. Addiction is so subtle. An experiment turns into a a habit, turns into a tolerance building exercise, turns into a lifestyle, turns into a morally & physically decaying life taking decision. One that we didn't see coming. We are blinded by the promise of a good time. A nice way to stress relief. A way to escape or an alternative from the way we feel or look at ourselves.

Addiction has several factors that make it a complex disease. Many feel that there is no way out. I feel it more as a hook that has dug itself in us. Like the fisherman that uses a hook and bait. The fish naive in its hunger gets baited in, just to get caught up in a mess of trickery and false hope. We too get snared by the switch in bait from the devil. Addiction "takes care" of 3 needs by tempting us. Our physical, emotional and spiritual needs, helping us mask our emotions, allows us to relaxes and socialize. It’s a test from God to see if we will bow down to the spirit of addiction. Using it as a false idol or recognize it as so. Well, we failed but look towards God for help. Jesus went through the wilderness knowing how to fight the devil. He was prepared and with His grace we to are promised Divine protection.

If you’re reading this you are most likely in the 25% bracket of users that got addicted from experimenting with illicit drugs. Perhaps you were curious on how addiction works or looking to help a love one. We know that it starts as simple as human curiosity. Factors like genetics, social environments, trauma, circumstances, and so forth. They all affect how fast one becomes an addict.... or was it just a simple experimental curiosity you weren't prepared for?

I've heard a few people say that after a short hospital stay it triggered an addictive, genetic trait they didn't know they had. I personally used it to mask trauma in my life. Others used it as a "good time" not knowing it was going to impact their life drastically.

The stories are endless and all are true and sad. Know that we got **Hooked** by a spirit of addiction and became its slave, to the point of death. Addiction is very serious and life threatening. That is why this book is put together. To illustrate 10-stages of this life-threatening disease. 5-steps of becoming an addict and 5-steps to recover an addict. Back to a child of God, a beautiful creation of his, and the spiritual warrior he wanted us to be.

God takes his children's lives seriously. We will look into Spiritual Awakening & Spiritual quickening further into our journey. Which are key factors to your success. From unhooking the spirit of addiction and the destabilization of your life. After the chaos there is beauty. It will be tough but vastly rewarding. Remember you made it this far, you got this.

Chapter 1

The Wilderness

Temptation (-) Or Test (+)

WE CHOSE THIS
ITS SHOWN THROUGH
OUR ACTIONS

1. WE RESIST
2. WE RECIEVE

-PATH OF ADDICTION-

**** What our mind says we are, we will become : " I'm a reformed addict and a child of God "***

-REFORMING THE ADDICT-

1. Face the drug or addiction - recognize it by name. Be honest and fearless with God's strength. Make yourself accountable out loud and write it on paper to begin that process.

- STRUCTURE - DIGNITY - INTEGRITY - HONESTY -

It starts a relationship with God and Jesus Christ letting him know , we trust Him , we need Him , and are allowing Him to take over our lives.

It's the hardest decision of our life-

The End of the Carnal Man (Death) ⇨ The Beginning of the Spiritual Being (Life)

Adam and eve

2. Get Baptized to bury the "carnal man" and awaken the "Spiritual being". Cleansing us from our sins and creating a Covenant with Jesus Christ to allow Him to take over our lives.

- MORALS - ETHICS - PRINCIPLES

This is pleasing to the Father God. For you are acknowledging and respecting Jesus Christ, allowing him to be your teacher. The Bible will be your sword to aid you in the spiritual battle. It will also be your resource for prayer, communication , and reformation. We will renew our spirit. Explore ourselves inside and out. Take the (-) out and replace it with (+) to help us shape our character. Our flawed morals, ethics and principles.

Ref. Ch. 8 - Divine Perpetual Manifestation (spiritual maintenance)

Spiritual nourishment will be maintained through Divine Perpetual Manifestation, we need to practice using prayer and meditation as the only means of connecting with Jesus Christ and God , with help of the Holy Spirit. We will learn that patience is virtue as we wait for direction and instruction , as we progress step by step in our recovery and reformation.

INFLUENCES :

A. CARNAL

PEOPLE , PLACES , THINGS

B. SPRITTUAL

WORLD , FLESH , SATAN

Product of our environment - not knowing God - alienated - social class - trauma - situations - mental complications/illness - uninformed/uneducated

** SELF-CARE = SELF DESTRUCTION*

** INFLUENCES CAUSE STRESS THAT CAUSE A (-) IMPACT ON THE IMMUNE SYTEM (HEALTH PROBLEMS)*

TEMPTATION :

(*TEST + TRIAL = CHARACTER)

TELLTALE SIGNS :
of failed temptation (-)

1. MOOD SWINGS
2. SECRETIVENESS
3. SHIFT IN CIRCLE OF FRIENDS
4. SHIFT IN PRIORITY

** THE ACT of ENTICING :*

the process of influencing someone by exciting their hope or desire.

- TEMPTATION LEADS TO SIN -

TELLTALE SIGNS:
of successful trials (+)

1. REFINES A PERSONS FAITH
2. BUILD SPIRITUAL MATURITY
3. STREGTHEN SELF-CONTROL

INFLUENCES

1. INTERNAL
   A. mental process
   B. craving to act contrary to right
   C. break morals

2. EXTERNAL
   A. persons
   B. thing
   C. situation

CONSTITUTES :

* Jesus was tempted as well, he resisted and was blessed afterwards for his unwavering faith. We have the same fate.

* Everyone is unique in their addiction but everyone shares similar stories one way or another...we all eventually walk down that dark path and some never turn back.

Motivation - curious, peer-pressure, experience euphoria or relaxation.

Social context - parties and gatherings

Conscious control - still normal, rational, and still have control

Lack of dependency - no cravings, no withdrawals, and its still easy to quit.

*** the CARNAL MAN and the NATURAL MAN**
slip due to FLESHLY DESIRES

FLESHLY DESIRES :

7 DEADLY PRINCIPLES: 3 PRONGS OF TEMPTATION - SOCIAL ISSUES - SELF-CONTROL ISSUES - SEXUAL IMPURITY - MORAL IMPURITY - SPRITTUAL MISALIGNMENT - RELATIONAL CONFLICT

A. 3 Prongs of Temptation :
1. Lust of the Flesh : gluttony, sexual sin, physical pleasure
2. Lust of the Eyes : materialism, coveting, greed
3. Pride of Life : arrogance, self-sufficiency, status, power

B. Social & Self-Control Issues :
1. drunkenness
2. orgies and revelries
3. escapism (excessive entertainment, fantasy, alternative activity)

C. Sexual & Moral Impurity :
1. lewd/wanton behavior
2. adultery fornication
3. pornography, lustful thoughts

D. Spiritual Misalignment :
1. Idolatry
2. Sorcery

E. Relational Conflict :
1. enmity, strife
2. jealousy, envy
3. fits of angry
4. divisions and dissensions (stirring up disunity)

CHAPTER 2

Regular Use/Spiritually Sick

Like I mentioned earlier, we know that it started off as curiosity. We must understand that being honest with our selves is acknowledging the power that the spirit of addiction has over us. Being enticed to slowly being its relentless slave. Since the days of Adam and Eve, the Evil One's two most powerful weapons have been **subtle and deceiving**. The deception at the Tree of Knowledge (good/evil). The literal fall of man and how it projected from a fall of humanity to the fall of each individual human in their addiction. Let this open your eyes. I'm sure this was not the type of wisdom & knowledge God wanted us to experience. The enemy is cunning. Do not let the spirit of addiction say that you are not worthy of the love God and his transformational power.

I'll show you how our decisions lead us into each stage. We were blind with pride or stubbornness, claiming that it could not affect us like that guy over there. " I'm stronger than her or them, my tolerance is way high". That we are not like those that rob, steal, and kill for the drugs. When in essence we are exactly like that. How we fall for the lies of the Evil One. "A little won't hurt", but down the road was a different story. That little bit turned out to be a whole mess. It's ok we are in this together. I made it, so can you. Let's keep reading. God loves you and so do I. We want to see you win.

Honesty, lets us know that God has our back and is not going to let that 1% die. With one breath of his, it will ignite into a bonfire inside of us to quench the sin not the spirit. Strengthening the spirit for spiritual warfare.

From experimentation, we ease into regular use. A couple times a week, maybe before bed and after breakfast. An innocent way to relax the muscles, ease the stress of a long day. After all you're not harming anyone. Not even yourself.... Really...? But inside the spirit is getting sick. We hardly know he's there, like a house plant that gets neglected. Better yet a child someone left in your care to baby sit.... but you forgot about. As harsh as that sounds, let's be real, people forget about their children. Especially as the addiction gets heavier and more out of control. This is reality, cps and/or the grandparents/relatives get involved in the lives of parents who are addicts. To protect the children. God gets involved with us, his children, when the spirit is being neglected.

Let me be transparent for a minute, I myself am guilty of this. Not being able to see my children, family rejection and not wanting to know God hurt me bad. So bad that I gladly dug my hooks deeper with hardly any help from the Evil One. Self-inflicted pain, sadomasochist, I was only satisfied with the chaos inside of me. I was sad when it wasn't chaotic.
I contributed to other people's addiction without a care in the world or of what the outcome might be. I was absolutely lost and decaying.

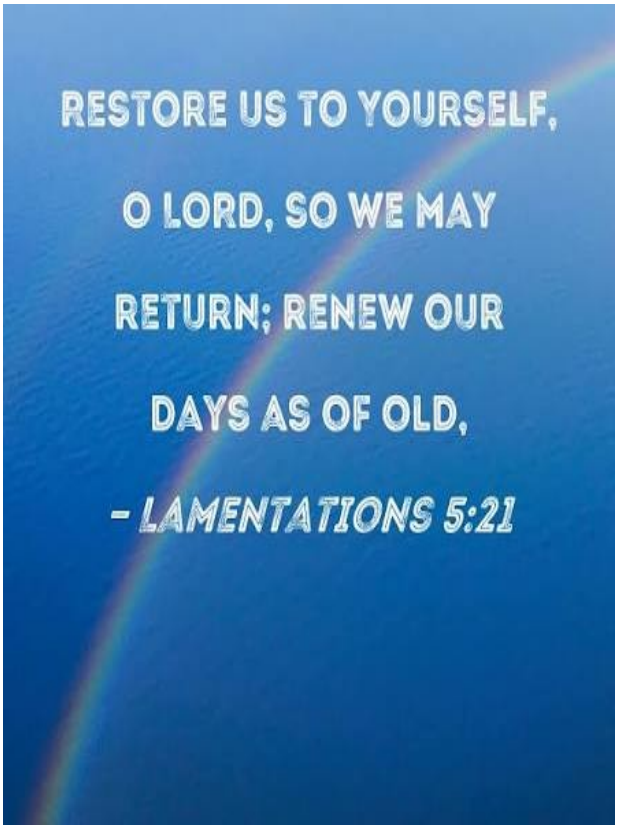
We all have fallen into a similar downward spiral one way or another, loss of job, bad relationship, family issues, depression, despair, loneliness, the list goes on and on; bad grades in school, failed exams.... etc etc etc. We as addicts can all relate, we even forget of the falls because of the masking the drug does.... which by the way, was our goal right? But let not the Evil One laugh at our despair.

Your reading this because you're ready to fight or are fighting at this very moment and that is a win for good on its own. Let's continue on the journey of blind faith. God is proud of you remember that. You will notice as you read along there are pictures of the brain showing how drugs affect different parts of it. Know that what it is showing are areas that the drugs kill and turn to gray matter, yes **kill the brain**. Burning out receptors. Which we use the same receptors we use to function. This is another of the enemy's tactics to rob, kill, & destroy. He literally is killing us. Remember in the past it was said that there is no hope for the renewal of the mind. Well, there is hope.

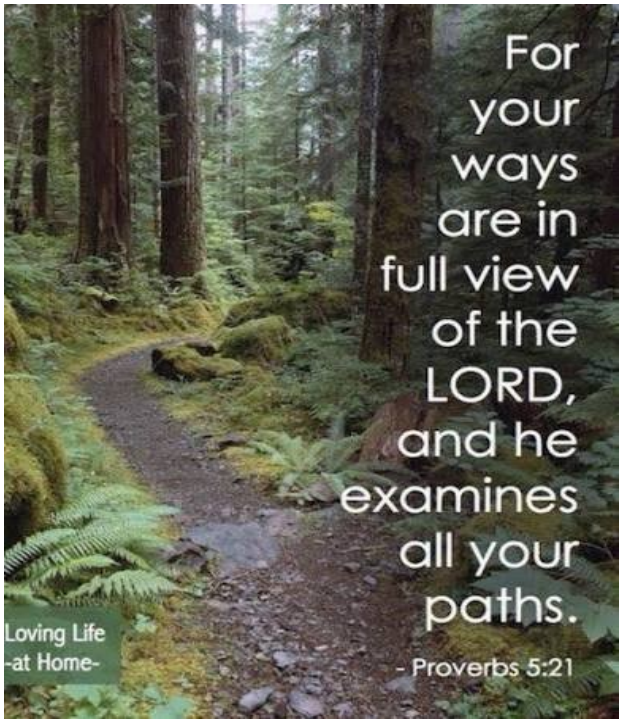
Science also says "neuroplasticity" of the brain is possible and is literally happening by educating yourself and spiritually awakening yourself through the Word. The Word is your sword, another weapon in your arsenal for spiritual warfare. A gift from God that he, out of his wisdom, knew us addicts needed for the renewal of our mind. If this isn't a powerful loving God of creation, then I don't know what is.

He loves you & even out of our addiction he shows us that. Good will always win over evil. Our addiction, your decision to be honest and want change is proof of that statement. He is using you and loving you, you are God's beloved creation. So, let's continue on this wilderness walk, we started wasting our lives, our minds, our will to self for the drug. Curiosity did a number on us. We easily roll into the senselessness of our decision by building our tolerance up in the next chapter.

Acquaint yourself with the information provided in the book to help you analyze the why's and how's of the addiction. Know the damage the enemy has done. Realize that by the end of this book you will have renewed yourself and will have a plan to maintain the new you, new creation.



None of our struggles with addiction are hidden from God.



He is absolutely willing to come get his lost sheep with the promise of protection, restoration, and guidance.

PSALM 23

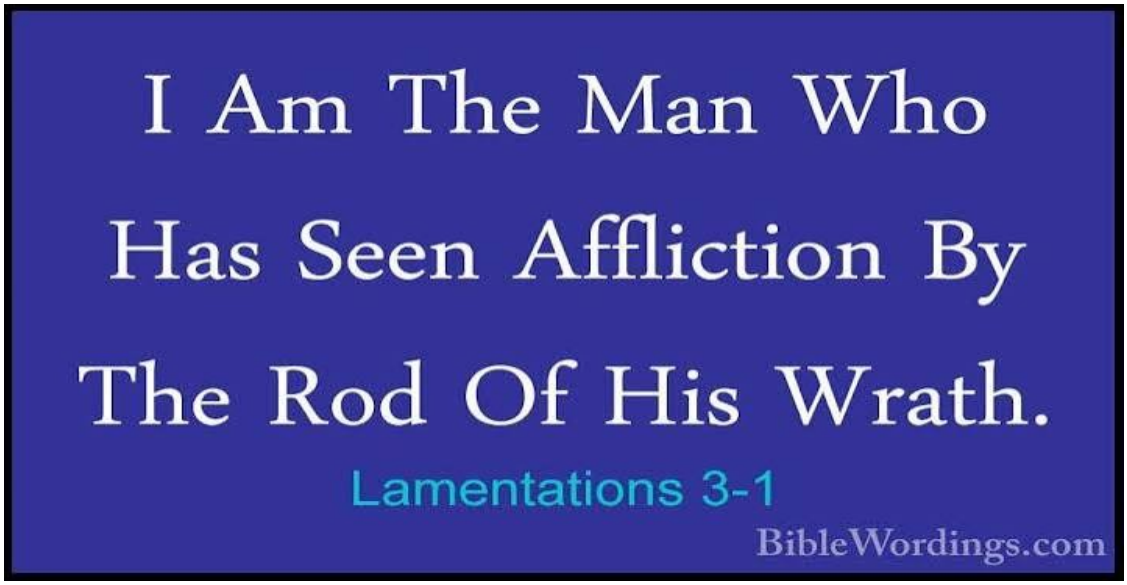
A Psalm of David.

THE LORD *is* my shepherd; I shall not want.
2 He maketh me to lie down in green pastures: he leadeth me beside the still waters.
3 He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake.
4 Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou *art* with me; thy rod and thy staff they comfort me.
5 Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over.
6 Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the LORD for ever.

CHAPTER 2

Spiritually Sick/Spiritual Pain

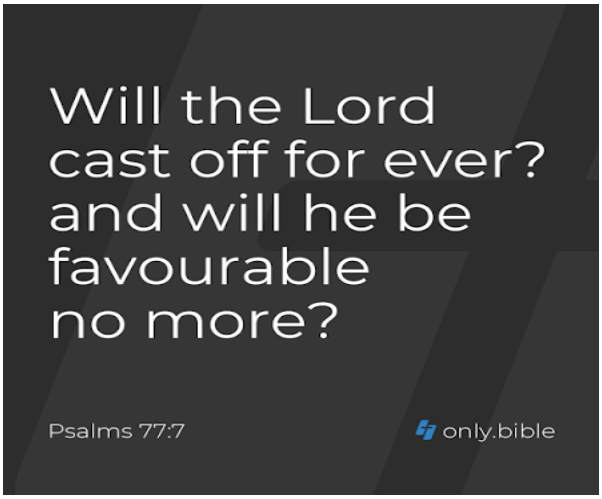
" HEARTACHE BEFORE LOVE "



**THE CONSCIENCE IS RELATING TO OR AFFECTING THE HUMAN SPIRIT OR SOUL ANIMATING PRINCIPLE.*

**DRUGS AND ALCOHOL ADDICTION START TO AFFECT THE MIND IN A NEGATIVE WAY; CAUSING INTENSE CRAVINGS, WE NEGLECT RESPONSIBILITIES, BECOME EMOTIONALLY UNSTABLE, AND PARTAKE IN HIGH-RISK BEHAVIORS.*

!! WE START TO CRAVE IT MORE!!

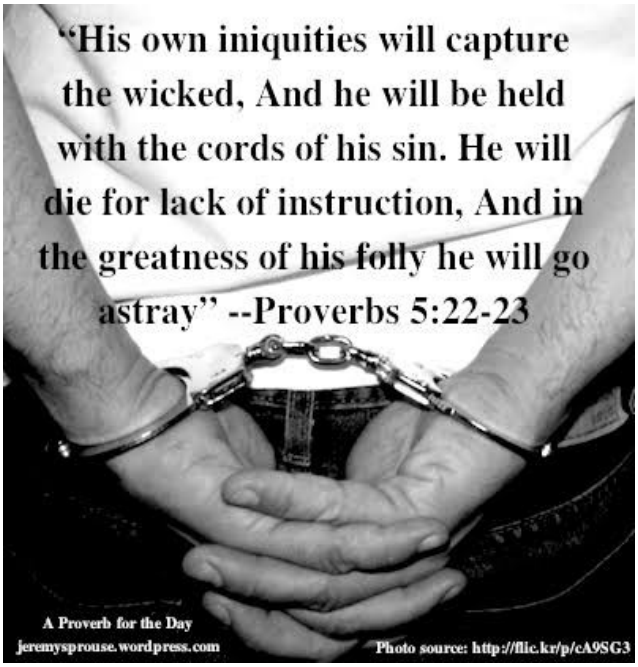


- We Open Up Doors of Disasters-

(Ref. Chapter 7)

- Bad habits
- Questionable Behaviors
- Shady Associates and acquaintances

(OVER TIME MORE DOORS OPEN UP; HURTING US MORE FOR THE LONG TERM)


"His own iniquities will capture the wicked, And he will be held with the cords of his sin. He will die for lack of instruction, And in the greatness of his folly he will go astray" --Proverbs 5:22-23
A Proverb for the Day
jeremysprouse.wordpress.com
Photo source: http://flic.kr/p/cA9SG3

**WE START TO LOSE OUR IDENTITY AND SELF-WORTH*

Spiritual Warfare

***Substances keep your emotions unbalanced and foggy headed....**

allowing the flesh to overwhelm the Spirit...causing the spirit to lose the battle of good & evil...

***The results are fear, anxiety, worry which stress the body...**

Dimming the immune system down...

making us susceptible to illness.

GALATIANS 5:17

Desires of the Flesh
Galatians 5:19-21

- Immorality
- Impurity
- Sensuality
- Idolatry
- Sorcery
- Enmities
- Strife
- Jealousy
- Anger
- Disputes
- Dissensions
- Factions
- Envying
- Drunkenness
- Carousing
- Things like these

Desires of the Spirit
Galatians 5:22-23

- Love
- Joy
- Peace
- Patience
- Kindness
- Goodness
- Faithfulness
- Gentleness
- Self-control

Morals - Principles - Ethics

Get lost and dimmed...

- Regular use goes to 2-3 times weekly (social or recreational use)
- Regular use still has its fun - alcohol & marijuana
- Stimulants help us at work - cocaine, methamphetamine, speed
- Anti-anxiety pills help for the time being - Xanax, valium, clonopin, etc.
- Social settings (parties) they are fun still - LSD, mushrooms, ecstasy
- Still effective as stress relief and euphoric
- Extra money spent on the substances as entertainment

MOTIVATION:

- Now its a coping mechanism - stress, anxiety, boredom, loneliness
- It becomes a personal routine outside of parties and gatherings

BRAIN ADAPTION:

- Tolerance begins to develop, due to brain adaption of repeated dopamine surges - larger amounts needed

MENTAL PREOCCUPATION:

- You think about it more and plan your day around the substance - getting it & using it

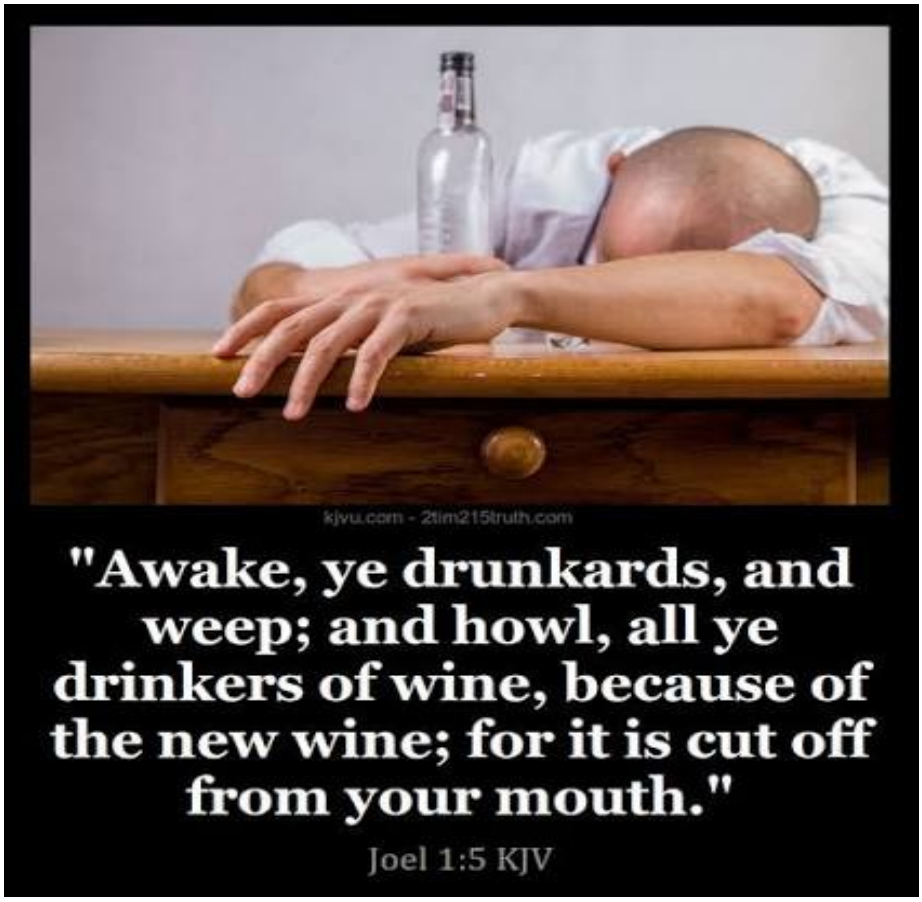
IMPACT ON DAILY FUNCTIONING:

- Decline performance
- Neglected responsibilities
- Hung over or high all the time
- Predictable pattern (Every weekend)
- Routine based or solitary
- Self-care (which is a negative)
- Emerging mental reliance
- Weakening your will
- Harder to stop alone

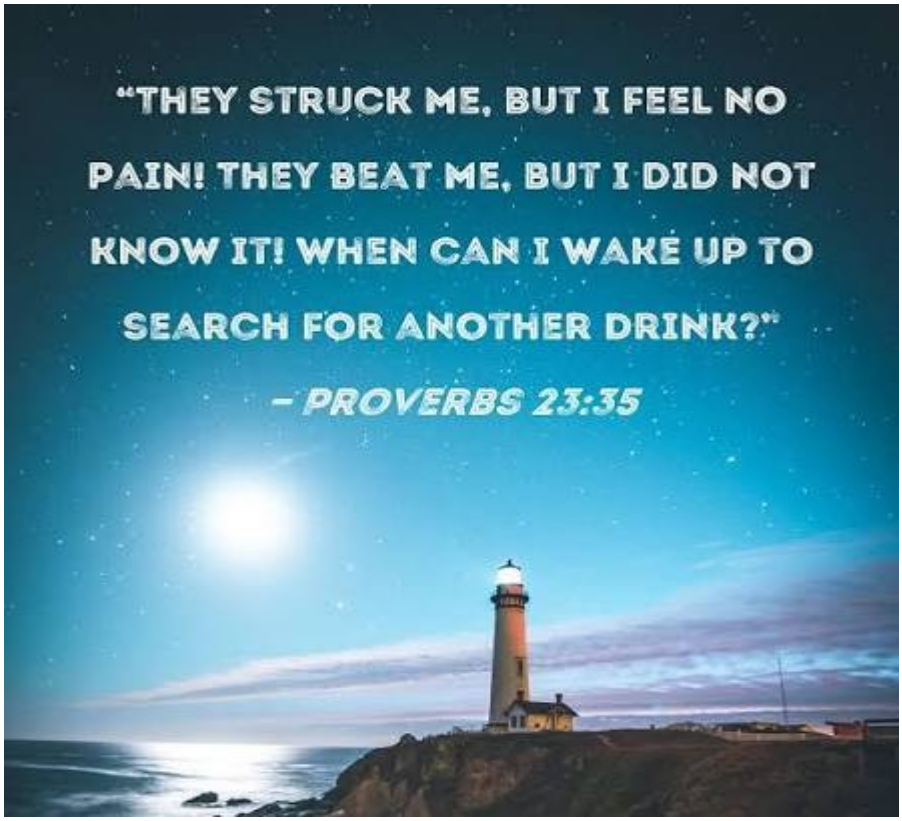
CHAPTER 3

Tolerance Building is a Risky Business:

Spiritual Exhaustion - Dull the spirit & the mind...


kjvu.com - 2tim215truth.com
"Awake, ye drunkards, and weep; and howl, all ye drinkers of wine, because of the new wine; for it is cut off from your mouth."
Joel 1:5 KJV

How many times on our mind as an addict did this repeat in our heads? We think faith has nothing to say about our addiction, about our tolerance building experience. God doesn't know anything; we think he's not wise. Right there in black and white, the **Word** says it plain and simple.

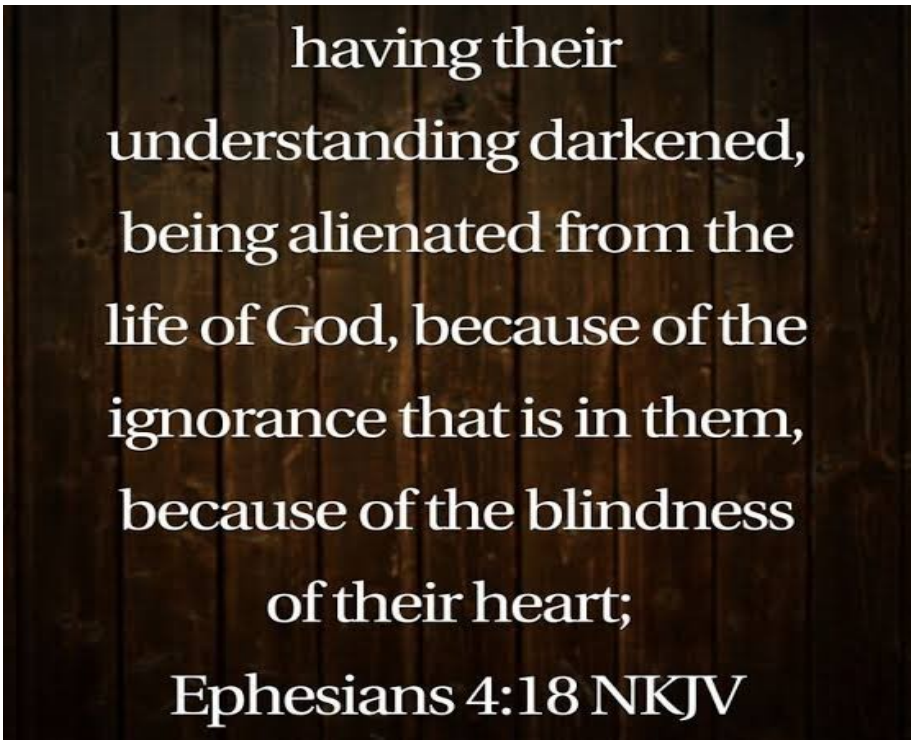

"THEY STRUCK ME, BUT I FEEL NO PAIN! THEY BEAT ME, BUT I DID NOT KNOW IT! WHEN CAN I WAKE UP TO SEARCH FOR ANOTHER DRINK?"
– PROVERBS 23:35

The mantra of the addict. Tolerance is a risky business we are more than willing to partake in. To not have to feel the pain, to chase the dragon. To ease the stress of life one more time, or just to "wake" up and get on with the day. I have told myself early in my addiction "I can quit whenever; this isn't going to break me". I was a teenager, 14-18 yrs. old, invincible to the world. All along dulling my spirit and morals. Hardening my heart, angry at the world. Losing myself to my own addiction, trauma, environment, etc etc etc. When I should have been planning my future, I was destroying it. Deceived by the "good times" a temporary "fix" would bring.

The Bible describes the dulling of the mind as a state of spiritual "blindness", "hardening", or "sluggishness". Imagine that, True wisdom of what was to come in our addiction. Our walk in the "wilderness" became a nightmare on a long camping trip. It started off as a "good time", now we are feeding the Beast of the world and starving the babe of righteousness. All the while losing ourself without noticing it. Looking at the flicker of our lighter, instead of the flicker of our soul that is dwindling away with every last breath we take, closer to death in our addiction. If you have made it this far as an addict, then I take it perhaps you have experienced an overdose or two; perhaps know someone that has. You may have felt the toll of the decay that drugs do to us. The physical weight loss, sunken cheeks, loss of color, and the trickery of drug goggles. Saying to yourself " I'm fine, I feel and look good", "no one can tell", or "why does it matter". Do this sound familiar, the addiction speaking for us. I said all that plus more, to the point of suicide. The cunning speech of addiction with its elixir of sorcery to blind my mind from the real damage happening.

Our small habit of a couple of this with a couple of that, has blown up to a full week’s supply of feeling good to a month’s supply of surety of not getting sick, or losing our mind. The feeling of tranquility, knowing that stress relief is in a bottle whether it be pills, alcohol,

or cough syrup (codeine). My habit was a $1500 a week monster, after it was all said & done at its peak. I was able to afford it because of the dangerous doors I had open, along came the dangerous culture and people. Our addiction only brings us closer and closer to death. I wasn't hurt nor did I feel anything, I was chasing a nightmare. One where I became friends with the demons and monsters in it. As long as all of them were satisfied, I found no harm. Besides I was taking the world with me in a hand basket full of drug filled easter eggs.



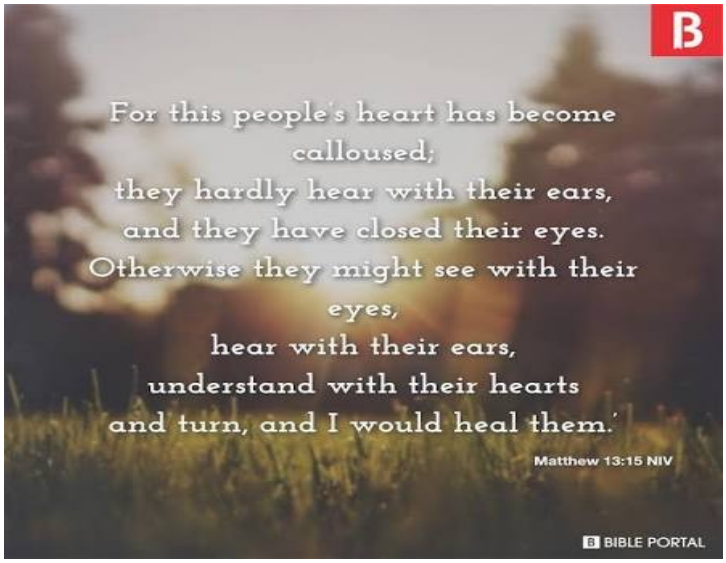
Except it wasn't a celebration of life, it was an orgy of death. It has taken me over a 20 yrs. of "wilderness" a walking to stop and think about this. Over a decade of walking with God and being attentive to him to realize he has the only remedy to a disease with no cure.

My spirit was beginning to feel really isolated, getting sick from the constant use of drugs. Getting unhealthier from the tolerance build up. Dulling itself inside, while the monster inside was being fed, killing it's craving. An unsatisfied hunger for dopamine and escape. When in actuality I was building a cell out of powder narcotics mortar, bricks of dope and syringe bars. Living on liquid drugs and pills. An ugly picture for an ugly reality. We all had to face this reality at some time.

We need to reflect and realize this time in our life to grow. In fact, as we do this repent and ask God for forgiveness. It's some of the hardest times to remember or the most dangerous. We were either down and out, or celebrating "good times". This could be romanticizing the addiction. Another lie it tells us is, "It wasn't so bad, remember?". No, it was awful, decaying my spirit and self-worth.

This describes our spiritual "blindness", that the spirit of addiction places on us. The veil of the mind. We became spiritually "desensitized" we are less responsive to beauty, conviction, or connection. Our values switched to chasing the "high", to avoid withdrawal, and let the "good times roll". We have found acceptance in a culture of drugs, money, power, sex, stress relief, escape, "good times", lies, deception, etc etc etc. Without even asked to do so, the hooks have dug deeper. This is the price of risky business.

You have gone this far and survived. Walked a hard path but came out of it. Perhaps not at your best, most likely not. But remember God only ask for 1% for Him to give His 100% to us. He is in the business of success, redemption, grace, and glory. We are on the winning side of the battle field and he is placing the armor of righteousness on us, one step at a time. These are the blessings he bestows on us for being honest to ourselves about our addiction and asking Him for help. Be proud of yourself. We are with God who loves and cares for his creations. He wants us to win, but we must want it to. Faith is harder than drugs and more satisfying, in the long run in every aspect.

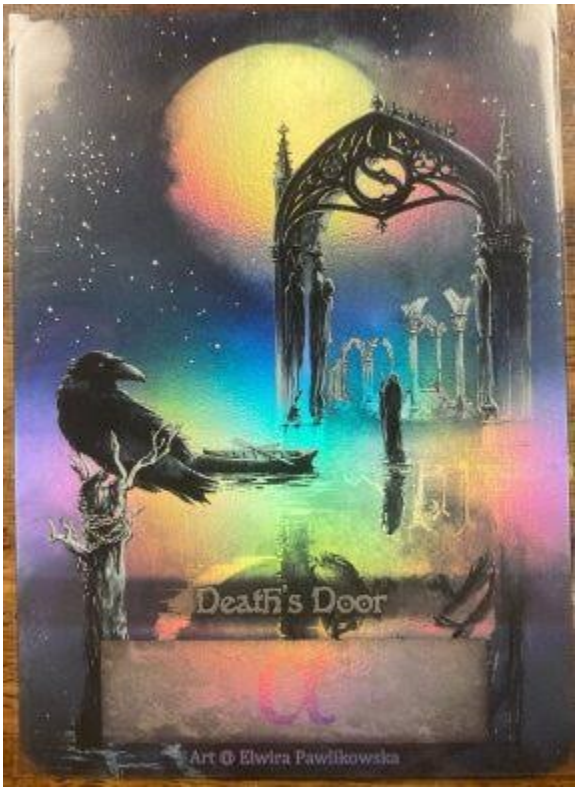


Chapter 3

Tolerance - Risky Use

Spiritual Exhaustion

" OPENING UP MORE DOORS OF DISASTER "



"Now it starts to get a bit more intense and really distorts reality & fantasy. Who is really in control... really who cares." - The Mind of an Addict

- Dull the Spirit
- Dull the mind
- Wine and substances , hallucinogenic - " dull the eye ", making your perception uncertain & fuzzy, stressing the mind.
- Beginning stages of depression & isolation
- mental illness develops and symptoms begin to be noticed.

Brain with meth-amphetamine addiction

BEHAVIORAL MODEL

- Loss of control - longer usage times and larger amounts
- Life disruptions - daily functions of life are disrupted, missing days of work and/or school, relationships are being strained, responsibilities are being neglected, even your hygiene is slipping (visible negative consequences)
- Biological shifts - brain adapts to substance use. Dopamine release is lessened. Irritably and agitation occur when not available. Intense cravings for dopamine release.
- Dangerous decisions - high-risk behavior - ex. driving under the influence, using in risky areas or situations, hazardous environments
- Beginning the loss of control

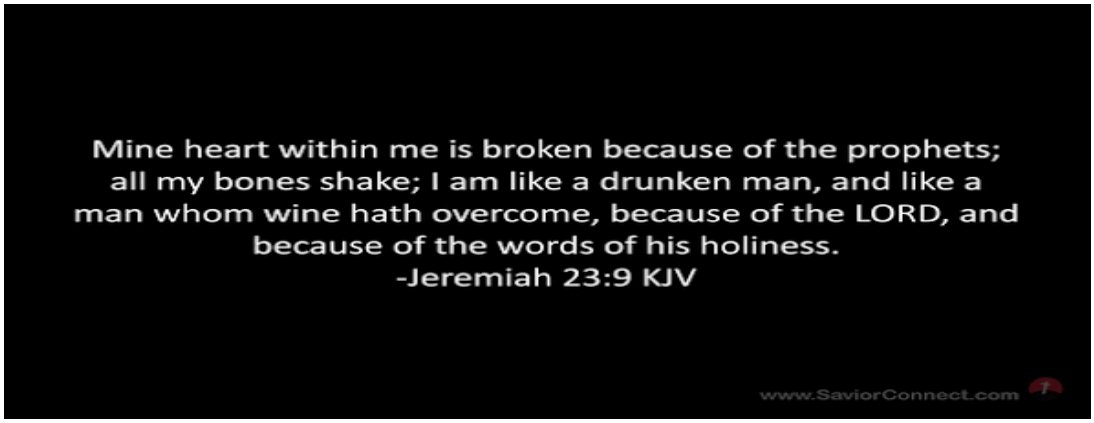
NEUROBIOLOGICAL MODEL

- The "Go" System - the prefrontal cortex - responsible decision-making and impulse control - becomes compromised. The "Go" System gets activated to satisfy the urge and impulse to get a dopamine rush (seek out the substance). - Impaired executive function on the brain.
- Mentally pre-occupied (stressed) - intensely obsessed with obtaining and using the substance, often planning the entire day around it.
- Anticipation - occurs after a period of abstinence - sometimes just hours after the last use. To avoid withdrawals or discomfort more is used.... hence the tolerance builds up/risky use.

PHYSICAL CHANGES

- Dependent on drug to function throughout the day - due to changes in volume and tissue composition in the prefrontal lobe. Our Free-will is compromised.
- Withdrawal symptoms start to occur - physical shaking, tremors, insomnia, sleep disturbance, internal regulations fail, nausea, cold sweats, systemic distress, "flu-like" symptoms
- Deterioration - weight loss, skin blemishes/discoloration, vision being affected, neglected hygiene
- Early organ strain - liver and digestive issues. Abdominal pain or digestive distress.
- cardiovascular stress - blood pressure, irregular heart rates

FUNCTIONAL ADDICTS LEARN TO COPE WITH THESE BEHAVIORS - ON CONTRARY THEY STILL BECAME AN ADDICT

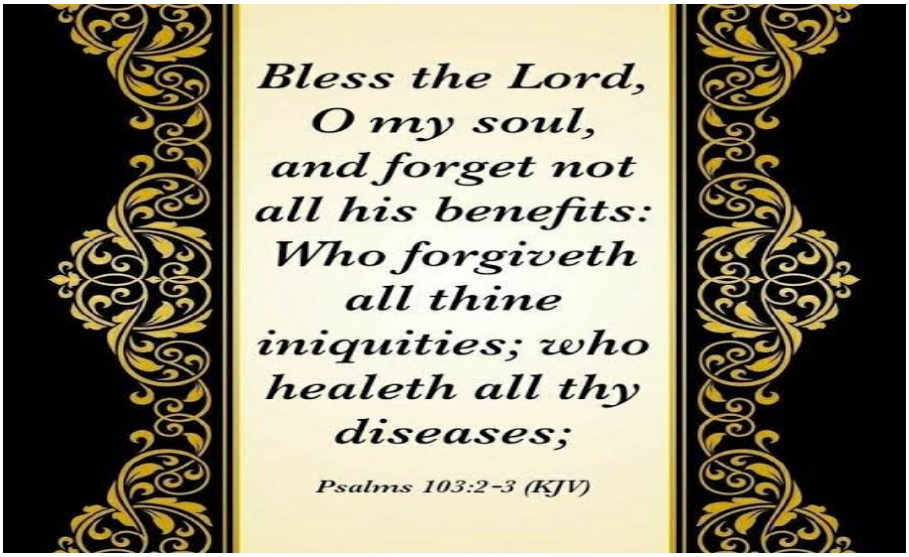

Mine heart within me is broken because of the prophets;
all my bones shake; I am like a drunken man, and like a
man whom wine hath overcome, because of the LORD, and
because of the words of his holiness.
-Jeremiah 23:9 KJV
www.SaviorConnect.com

(IT'S NOT TO LATE -BUILD A SENSE OF URGENCY & MAKE SMALL STEPS TOWARD QUITTING)

CHAPTER 4

Spiritual Wound/Dependence

Slave to the Spirit of Addiction



We have so far, somehow, pushed ourselves through curiosity, regular use, tolerance building/mind altering, to full blown **dependence**. Most likely without even knowing it. Whether it took 5 months or 5 years here we are. From my experience the crystal meth and cocaine were the longest ones for me to realize I was completely addicted to them; I was in denial. I had a pharmaceutical addiction (Xanax and Vicodin) that came quickly and lingered for a decade. The hardest though was the I.V. use. Which at times I cried trying to fight the urge to use and give in. My hooks ran as deep as my soul is in my body. It was through the grace of God and educating myself that i was able to get loose of the hooks in me. 30 years of addiction is no small feat. But if I can recover from it, so can you.

Remember God loves you, even with a shackled up and weary spirit, you're not dead. At this point the drug is a biological necessity, taking the place of food. The drug is a false deity draining us. It has taken the place of God. Who provides the fruit of the spirit for the spirit. Building up morals instead of decaying them. By this stage our brain has been altered enough to where we have lost our sense of self, our purpose, and connection. Now if you were like me and didn't real have any of these things just lived life carefree, well this where we mature. For others this is where we re-connect back to God. Either way we have switched our thinking to where the addiction is the idol. Nothing else matters but in a "harmless" type of way we are just straight up lying. Keeping our eye on the prize. A functional addict that needs it to sleep, wake up, go about your day, think, socialize, etc etc etc... Your Spiritually trapped, the biological need has overtaken our spiritual will. It is super unhealthy; we are waiting on a death bed with little hope. Getting closer to that 1%, they call this loss of autonym. Our ability to make our own decisions. This is why we need God. Let go and let God.

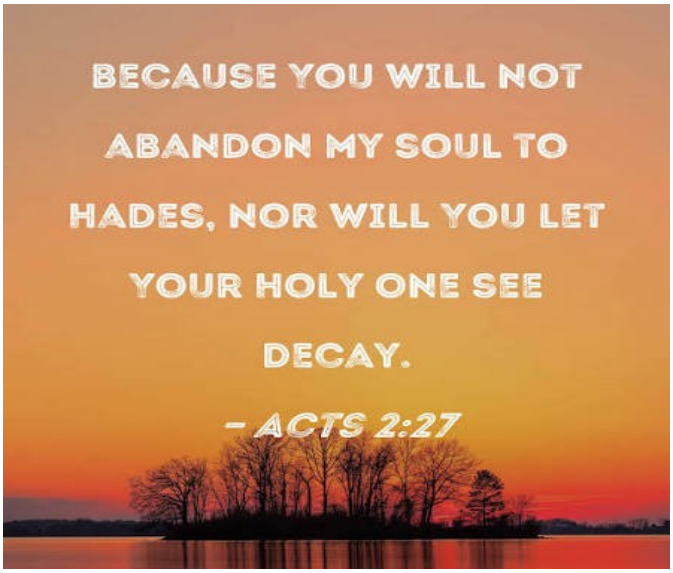
That unpleasurable feeling of everything and the void of feeling hollow is called anhedonia. We no longer find joy in anything but the addiction. We don't feel good, or feel normal. We want to avoid the pain our addiction now provides when we are not catering

to its needs. **We are worshipping and idolizing it**. Funny how God is the same, but a lot less work and a lot more rewarding than anything.

Unfortunately, many of us still don't see the harm we are causing. Because we have isolated ourselves, carrying the shame and guilt that starts to form. That last 1% is fighting to convict us and push us to God. Fighting to take the hooks out, we are a space cadet floating in the "outer limits". Detached from the oxygen tube that was supposed to sustain us in life. Attached to that which destroys life. We need a miracle but it's hard to see one or even grasp at the idea of one.

"Just one more go 'round will help us comprehend what's going on...lol. At least it will hold me over until I get saved. I'm not harming anyone but me. Besides the candle will flicker out soon. My little light will not shine nor will I care. My vessel is worn out and I'm tired, of exactly what I don't know honestly. I can't remember, maybe this hit will help me remember." Everyone's ballad the thinking of a mad man...The Mind of an Addict

"Just one more regardless of what happens, good or bad"...said The Mind of an Addict



Check out how decayed our mental and emotional state has become. I put the facts and diagrams in this book to educate others on how much damage we do put ourselves through. There is hope if you made it this far. God is knocking on your door and offering blessings. Just start the spiritual surrendering, the "ego death". We don't need the Buddhist or hallucinogenics to initiate these actions, just faith in Jesus. We just have to let go and let God take over the wheel. He loves us, so don't let the addiction tell you otherwise. Don't let that light flicker out.

LET GO & LET GOD

7 Steps to Fully Surrender Control to Him

Step 1: Admit You're Not in Control

Pray this: God, I'm tired of trying to control everything. I give it all to You."

Step 2: Identify What You're Holding On To

"Ask yourself: What am I holding on to that I need to release to God?"

Step 3: Release It to God in Prayer

"Pray this: God, I give this to You. I trust You with it completely."

Step 4: Replace Worry with Worship

"Next time you worry, turn on your favorite worship song and sing along."

Step 5: Surrender Daily (Not Just Once!)

"Start each morning with this prayer: Lord, I trust You with today."

Step 6: Stop Trying to Figure It All Out

"Pray: God, I trust You to guide my next step, even if I can't see the whole path."

Step 7: Trust That God's Plan Is Better Than Yours

"When life doesn't go as planned, say this: God, Your plan is better than mine."

"You don't have to have it all figured out. You just have to trust the One who does."

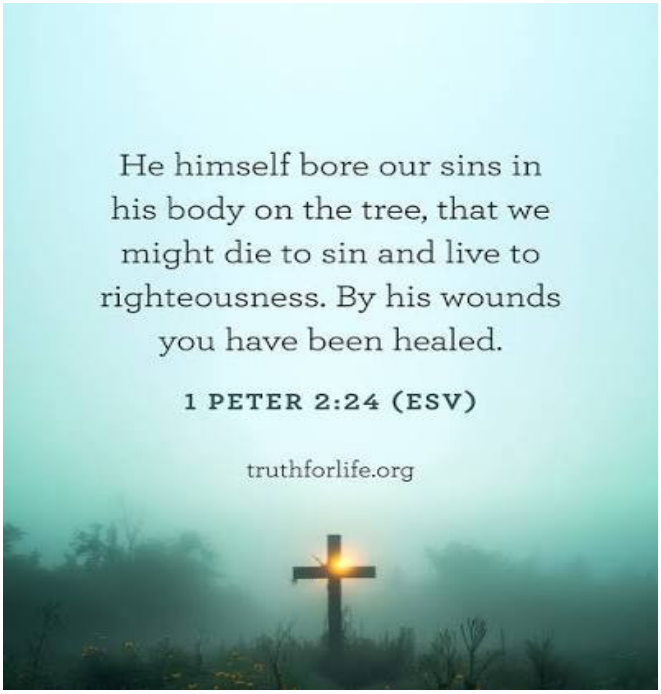
Kingdom Bloggers

Chapter 4

Spiritual Wound / Dependence

*** WE BECOME SPIRITUALLY UNHEALTHY WHICH STARTS TO AFFECT THE MIND AND BODY**

" WE START DRYING AND WITHERING AWAY"


He himself bore our sins in
his body on the tree, that we
might die to sin and live to
righteousness. By his wounds
you have been healed.
1 PETER 2:24 (ESV)
truthforlife.org

"MALFUNCTIONING"

(Lacking the soul's ability to process reality)

- Mental disfunction: stress, suspicious about everyone and everything (paranoid), angry, bitter
- Chronic cynicism - moral congestion
- Shows up more in character with bad decisions, self-sufficient, narcissistic
- Lack of peace congest the spirit - isolation and confusion, low self-worth

DRUG AFFECTS ON THE

BODY & MIND

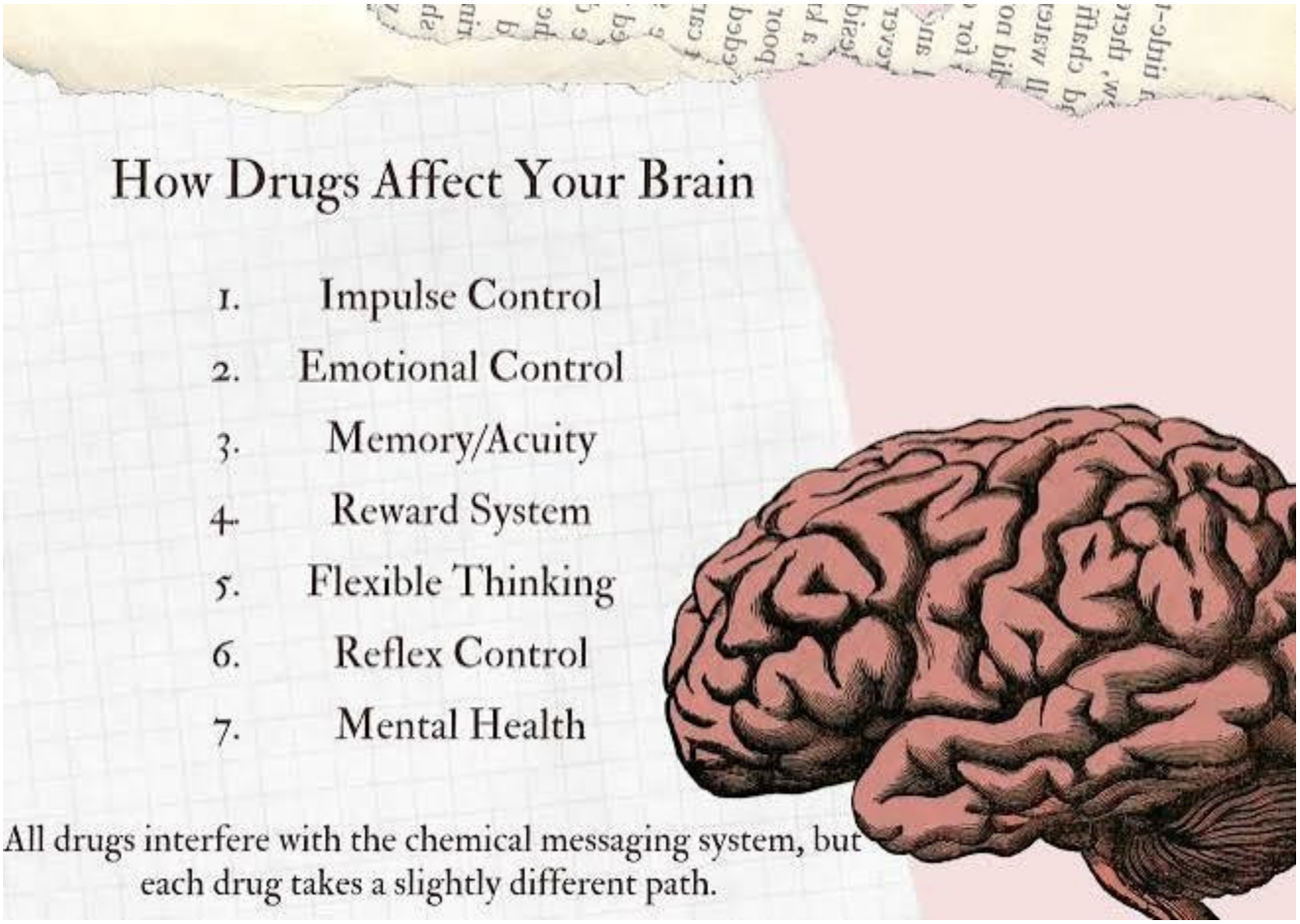
***USAGE**: 1. WE ESTABLISH A ROUTINE - BREAKFAST, LUNCH, AND DINNER*

2. WE BECAME THE "FUNCTIONAL ADDICT"

- We establish comfort from the substances - A deadly habit has been formed (Brain + Substance= Comfort)
- Our habit fixes our boredom, stress, & loneliness. We now start planning our daily routines around the substance, instead of planning the substance in our routine; **SUBSTANCE BECOMES OUR ROUTINE.**
- Personality and cognitive skills change for the worst.
- Mood swings worsen - especially when we are confronted about our usage/habit
- Decrease sharpness - difficulty concentrating, memory problems, brain fog
- Increased secrecy - shame, guilt, isolation-
- Weakening executive function of decision making-impulse control, tolerance goes up, "normal" baseline changes
- Self-deception - substance dictates your mood, lie to self-saying " I can quit anytime", "I have control", "I'm not hurting no one"

PHYSICAL AFFECTS

- Chronic fatigue - feeling "rundown" - energy low from use and not eating regularly
- Cardiovascular fluctuations - even when not high - high blood pressure, damage, veins collapsed, weak heart
- Minor gastrointestinal issues - from the acidity/toxicity of the substances - ulcers, constipation, nausea, weight loss
- Extreme sensitivity to light and sound
- sweating and vomiting
- Weak immune system - harder to recover from cold and flu
- Rapid aging - dental - liver and kidney failure
- Pain in joint and muscles


How Drugs Affect Your Brain
1. Impulse Control
2. Emotional Control
3. Memory/Acuity
4. Reward System
5. Flexible Thinking
6. Reflex Control
7. Mental Health
All drugs interfere with the chemical messaging system, but each drug takes a slightly different path.

CHAPTER 5

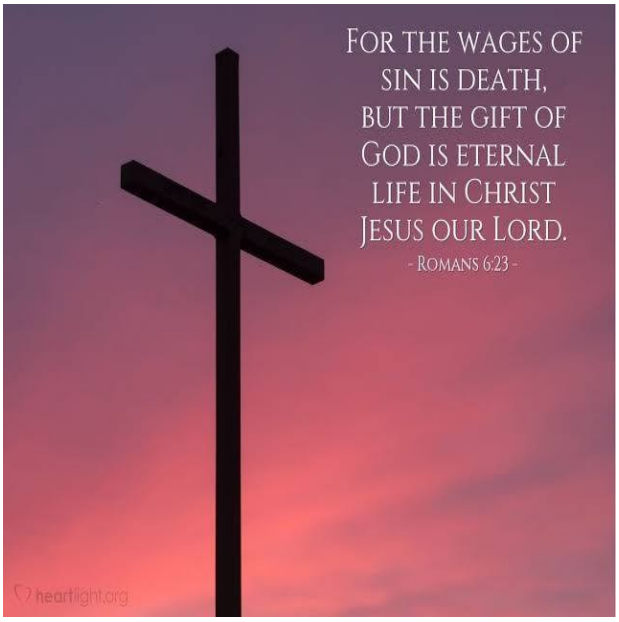
Addiction:

Spiritual Death Last Days of Decay

“
For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.
”
2 Timothy 1:7
hopereflected.com
#HOPEREFLECTED
HR

This is it the **1%**, the candle is flickering. You been locked in the bedroom of your head space. Dark and gloomy, you see that silhouette shell of a person? You thought it was the Holy Spirit but look a bit closer. Yup it's your original self. For some it's a kid (that was mine), others a teenager, or abused adult, the lost individual, beat, hurt, decaying. Reach out, look them in the eye and say "NO MORE, I'M SORRY!". Make the decision to help yourself out of this state of decay. Surrender to God and be ready to receive the Holy Spirit. The remedy that we need is with Him. That was a hard paragraph to write and I’m sure it was a hard one to read.

It is no longer us it's, divine grace, reach out to Jesus and let go. Let him heal and build us back up. We made it. Like a P.O.W. getting rescued, it's over, no more survival mode, let's live. Let the spirit begin to awaken inside. We became a spiritual ghost, a thinned-out spirit with vacant eyes. Physically present but spiritually dead. No empathy to the world or to self. Our 1% no longer has a flicker, no morals, internally rotten. But struggling to survive, struggling for that last breath of oxygen (O_2) but settling for our biological substitute (C_2H_6O, $C_{17}H_2NO_5$, $C_{21}H_{23}NO_5$, $C_{10}H_{15}N$)-alcohol-cocaine-heroin-methamphetamines. Odd how the chemical compounds of each of these drugs has just a little bit of oxygen. Just enough for us to survive on for a little bit. enough to lead us to death and decay.



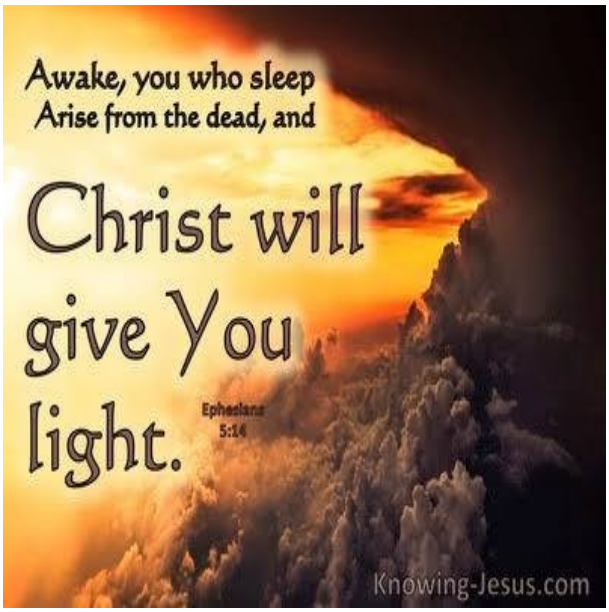
Our idolization of addiction is the only law. We are far away from honesty, integrity, and self-respect. We are hostile to ourselves. Hence the darkness we hide in. Terrorized by our own desires. Addiction is fighting to stay in the dark. Fighting to stay high and happy. Lying to us and speaking on our behalf. We are the slave to the **MASTER OF DECAY**. We are a walking corpse waiting to fall completely to the grave in deaths arms, instead of living with Jesus. We are as dry as the bones in Ezekiel. Break the chains of chaos with the surrendering of self. We have become a compulsive individual with all loss of control in every aspect of our lives. **Chaos** at its finest.... Until we get another taste of false "freedom" from the strain of what the beast of addiction has done to us.

Some of us might have tried stopping its hold on us by trying suicide, overdose, or cold-turkey. Just to be unsuccessful in all of it. My love goes out to you, my friend. I too have walked down that path just to be let down by my failed attempts. You read this far; you will be fine. Just, please, reach out to God. He was the only one to help me. I was a lost cause to everyone I knew. Use the resources in this book to find help. Just don't give up, please give God a chance.

Educating yourself, proper clinical rehabilitation and spiritually surrendering yourself to God are key to a complete successful rehabilitation. If you don't think your capable remember this, you survived this long from a relentless, devouring, decay inducing spirit of addiction. He needed 100% of you to survive and only 1% is left what do you have to lose. God only needs 1% of you to grow a beautiful successful human. Look all around think and reflect how he grows the natural vegetation throughout the planet over manmade structures in the world. He brings everything back to its divine nature. How much more he will make a beautiful creation out of you. 1,000 steps to run away from God but 1 step to turn around and ask for help from him.

I fought for 30 years and ran out of fight. I tried suicide 3x, but only found despair. I wouldn't have been able to send you this message if I was successful, so it is passed on to

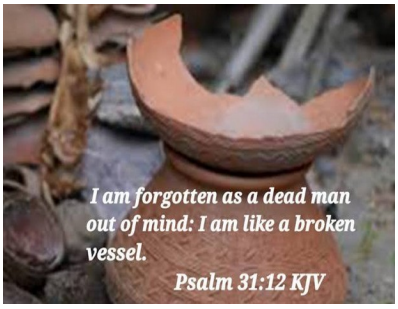
you all .... **God Loves You!** Let's take some strong confident steps together and quicken that spirit in you.



CHAPTER 5

Addiction:

Physical Death or Spiritual Awakening



"FAMINE OF THE HEART":

destruction of the soul

(Absence of Reverence, Apathy, Self-control is Exhausted)

**To exist in a state of "functional" life, where the body is active, but the awe, wonder, and purpose that constitute a perfect soul has withered.*

*THE CONSCIENCE:

1. Before conscience

usage: a. experimental **b**. recreational **c.** everyday

(The substances are still fun)

2. After conscience

usage: relapse - shame - guilt - regrets

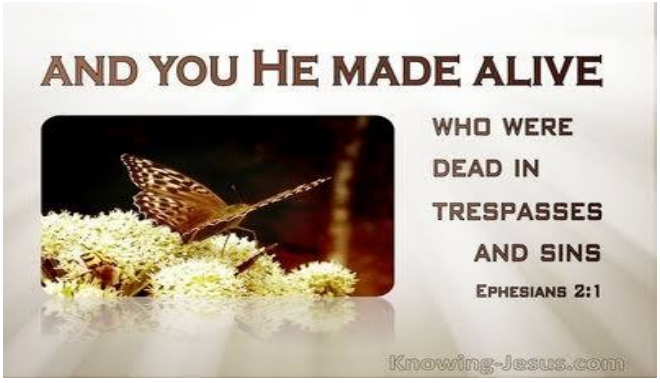
(The substances are not fun any more)

3. Rock Bottom - decision making time

(**God loves life**) Life or Death (**Satan loves death**)

**APART FROM ALL THE PREVIOUS DISFUNCTIONS OF THE BODY, MIND, AND SPIRIT - COMES EVEN MORE TRAUMA TO THE BODY-SCIENCE GAVE IT A NAME "SUBSTANCE USE DISORDER"*

DRUG AFFECTS ON THE



BODY & MIND

* From manageable stress to total collapse. the "Substance" is the center of the universe, our **Idol** now. People, money, and our future plans are pushed in the background.

PRIORITY SHIFT:

- loss of Identity and purpose
- Erosion of habits and routines (exercise, work, reading, socializing...etc.ect.etc)
- Chronic guilt and shame
- Short term survival mode (24 hr cycle) of the next dose...has been activated in our conscience - by taking accountability of this action we start to become honest with ourselves and start the healing process. It is one of the hardest parts of recovery...you have read this far and survived addiction up to this point. Why not give it try? I would love to see you succeed; God is just a prayer away.
- Trust broken between you and loved ones
- Isolation
- We hang out with enablers or antagonists
- Job loss / Debt / Legal Problems
- Loss of housing stability
- Legal entanglement
- Risk of Homelessness

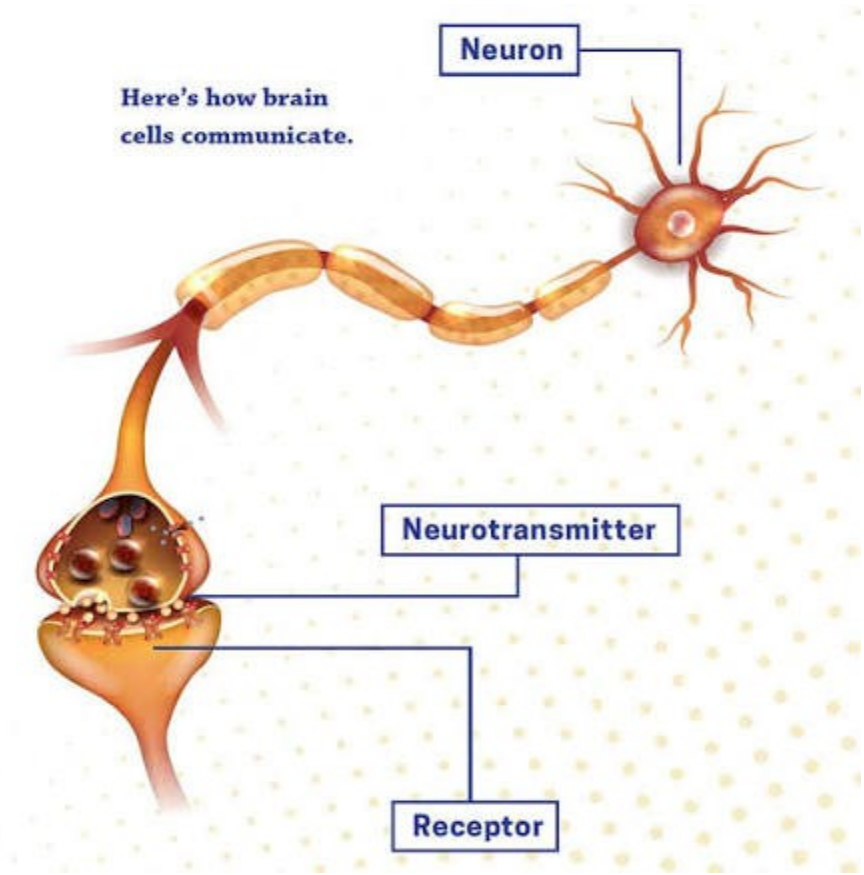
PHYSICAL AFFECTS

*The is the final stage before death. These are *very serious* symptoms.

Total System Failure: Chronic Toxicity

- Liver/kidney cirrhosis, jaundice, renal failure, brain function (hepatic encephalopathy)-prevents proper function of the liver & kidney
- Cardiovascular collapse
- Immune collapse
- Neurological "Lock-in"

** "Lock-in" is paralysis of the Pons of the brain stem. They are the bridge that the motor signals cross between the brain and the stem.*



Our pons are a bundle of nerve fibers like these that form a horseshoe shape around the brain stem, which is located on the bottom back side of the brain. It regulates breathing, sleep/REM, motor control & coordination, sensory control & balance, facial & head movement.

Different substances have different effects on the brain and its pons :

- Alcohol - dulls, confuses, and destroys.
- Methamphetamines - destroys the membrane
- Heroin - destroys pons
- Cocaine - destroys pons
- Prescription pills - suppresses the oxygen

**Severe memory loss, inability to focus, permanent changes in personality due to brain cell death*

**Chronic withdrawal - hallucinations, intense tremors, "bone deep" pain*

RISK OF AN OVERDOSE

- Raspatory depression - body forgets to breath, chest heavy from long use, oxygen deprived

MULTIPLE ORGAN STRESS

- Pushes the organs over the edge
- Bad skin problems
- Heart problems

WASTING SYNDROME

*Extreme emaciation as the body breaks down muscle for energy while the person ignores their health.... severe weight loss from starvation.

**Discolored skin*

DECAYING AWAY

- Serious infections
- Abscesses
- Broken bones may go ignored because the brain signal is completely broken

* Ignored untreated cuts lead to serious decay due to a weak immune system that substance abuse causes.

*There is hope but we must make that conscience decision to quit & get back to health.

* A person’s outward appearance often reflects his internal crisis.

5 steps to operate that heal and rebuild the spirit:

CHAPTER 6

Chaos/Spiritual Awakening / Honesty

The Spiritual Action: The spirit wakes up to its need for God.

The Core Mechanism: Radical honesty breaks through denial.

The Outcome: You admit you cannot fix yourself alone.

CHAPTER 7

Subside/Quicken Spirit / Transformation of the Mind

The Spiritual Action: God's Spirit brings your dead spirit to life (quickening).

The Core Mechanism: You actively replace old, toxic thoughts with biblical truth.

The Outcome: Your perspective shifts from hopeless to hopeful.

CHAPTER 8

Search/Baptism / Grace

The Spiritual Action: You submerge your past and rise into new life.

The Core Mechanism: You fully accept God's unearned favor and cleansing.

The Outcome: Shame and guilt are washed away permanently.

CHAPTER 9

Build/Holy Spirit Guidance / New Identity

The Spiritual Action: The Holy Spirit becomes your daily internal compass.

The Core Mechanism: You stop labeling yourself a "recovery patient" and claim your status as God's child.

The Outcome: You gain supernatural strength to resist old temptations.

CHAPTER 1O

Maintenance

The Spiritual Action: You protect your spiritual progress daily.

The Core Mechanism: Consistent prayer, reading scripture, and staying in community.

The Outcome: Temporary recovery turns into lifelong spiritual maturity.

CHAPTER 6

Chaos:

Spiritual Awakening/Honesty

**Resurrection of the spiritually dead is the shift from chaos to beauty. It's a shift in conscience where you move beyond the "ego self".*

We have made it to the light of chaos. The internal explosion of our spiritual awakening. The spirit of addiction has not only physically bounded us, with the sorcery of drugs. We have become part of its "walking dead" army, isolating ourselves in darkness under its wings. Our souls have become numb to everything. Solely seeking and waiting for the drugs to course through our system. Craving for that false sense of peace and joy. We have been hooked to it for too long.

Regard not them that have familiar spirits, neither seek after wizards, to be defiled by them: I am the LORD your God.
Leviticus 19:31

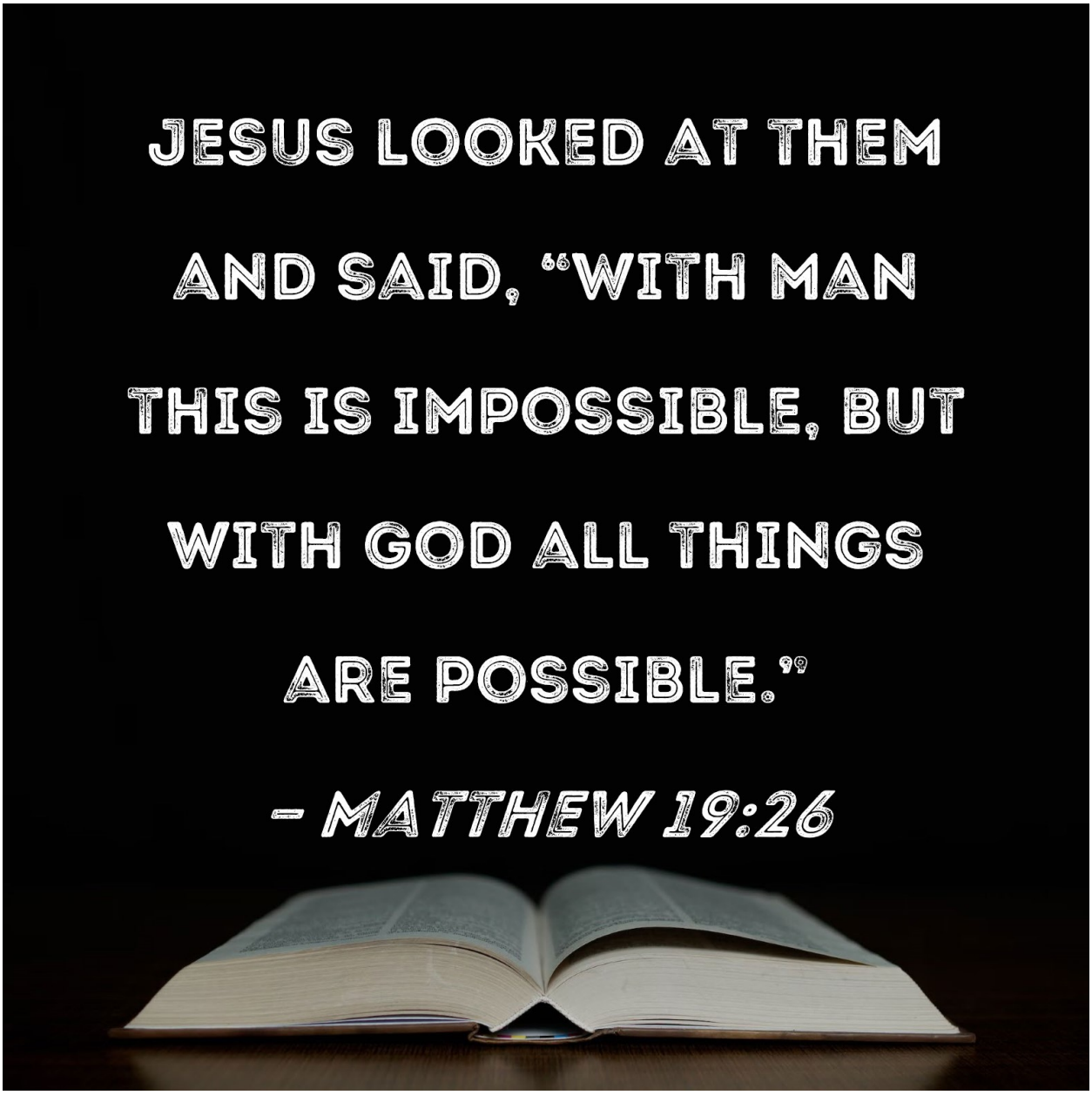
Our awakening starts by 1st being honest to ourselves. Surrendering ourselves to God will allow the Holy Spirit to begin His work in us. We have been powerless to our desires. The world has been feeding us lies and deception. To the point of near physical and spiritual death, simultaneously.

This is the miracle of the resurrection; our "inner voice", our intuition is about to wake up and make its self-heard. 1% is about to turn up to 100% like the sound of a roaring lion and the authority of a king. The negative shifting balance of addiction, the obsession, and mental toxins of our lifestyle are about to be null and void. The miracle of spiritual resurrection is real. A paradox that only the power of God can accomplish. Giving life to a non-existing (dead spirit). God loves you that much, He is about to show you the reason He is the Creator. **Just let go and let God**. Addiction has been living long enough with us. You are worth much more than you think to God.

It took me " hitting rock bottom" to completely surrender. I think i even skipped a bit, relapsing a few times. I can tell you this, I got clarity and found out that the grass in God's garden is a lot greener than the desert in hell. This is the beginning process of rebuilding the temple. 1st by clearing the rubbish of a chaotic desolate pagan temple, destroyed from decades of abuse and neglect. 2nd, detox and medication at a faith-based rehab are key factors to a successful recovery.

Over time the neuroplasticity of our brain will put us in a better state of mind. We will be able to progress. Allowing us to think clearly, sharper, and appreciate the miracle God has performed in our life. We will be in a spiritual battle on a much-needed spiritual journey to the peace he promised you.

Recovering from our addiction will be hard work, but with Christ all things are possible. This spiritual awakening will recover us from the chaos that caused us to be spiritually dead. You made it through what people call hell on Earth, so best believe we can build a heaven as well out of our experiences of what not to do. God made the world out of nothing at least we came with 1% for him to work with, good job for turning around your life.

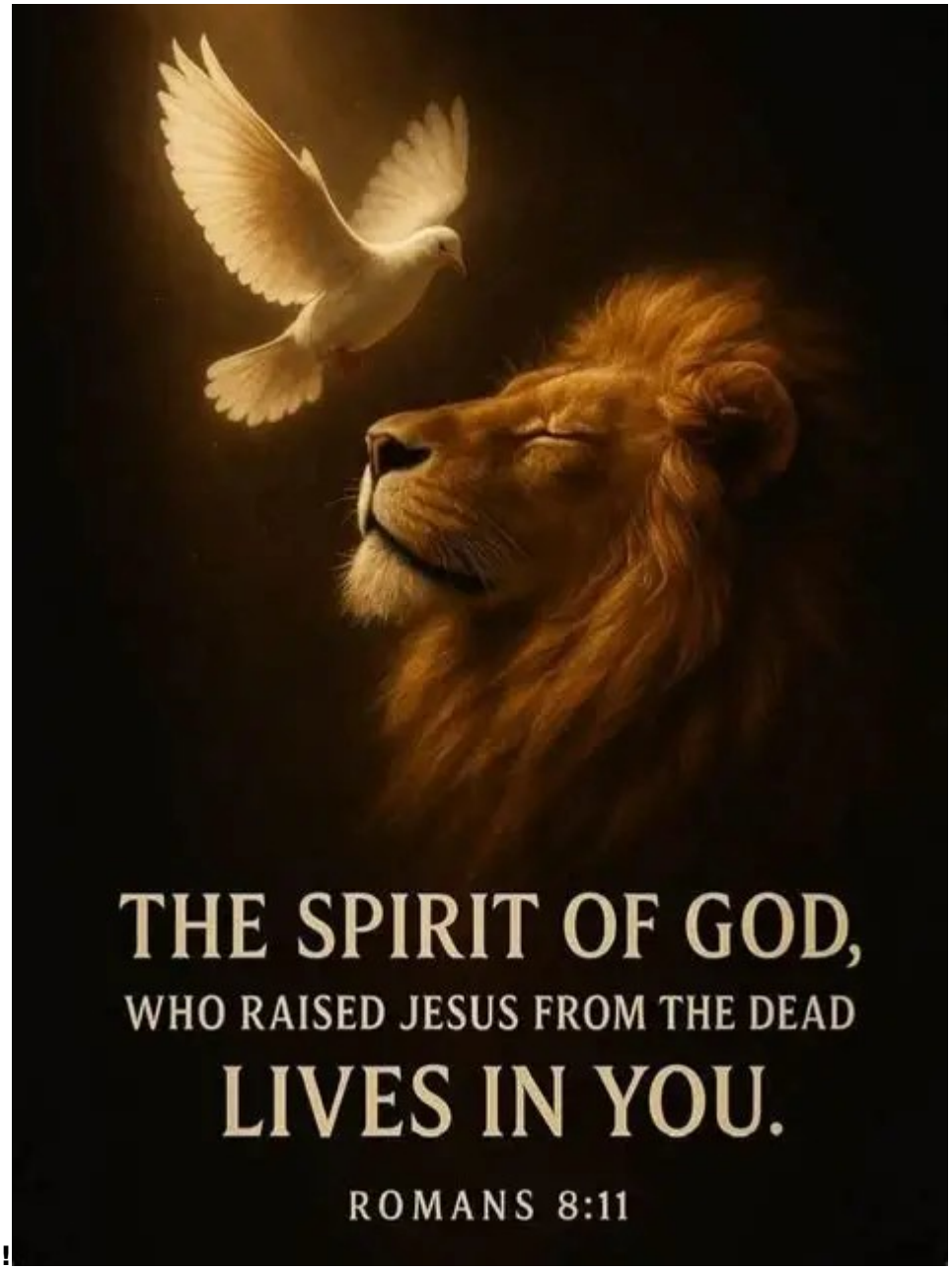


Our next steps will consist of transforming, searching, building, and maintaining our new found self through Christ. We are a new creation. God has graced us to be so out of 1%. Get acquainted with the **Word** and practice the **Divine truths** revealed to you. Use them to help build your character. Feed your awakened spirit. We spent years, maybe even decades tearing own ourselves now it's time to rebuild ourselves. The doors of disaster should be kept shut and allow the doors of opportunity to open. Try your best to keep them open, with guidance from the Holy Spirit. Use the principles of faith to help you out, to help your soul be healed.

You and the people around you will start noticing the miracles changing you, both physically and spiritually. Get yourself educated to common relapse triggers. Make a plan that will help you combat them as they occur throughout your life. Build you a strong support system. Trusted friends, family, even therapist and Doctors if need be. Try to find

someone who has gone through similar situations, so as to help each other through the urges or relapses.

You will see in the next pages applicable knowledge to help you on your journey through sanctification, regaining true humanity and becoming a "spiritual being" with God. **YOU GOT THIS!**



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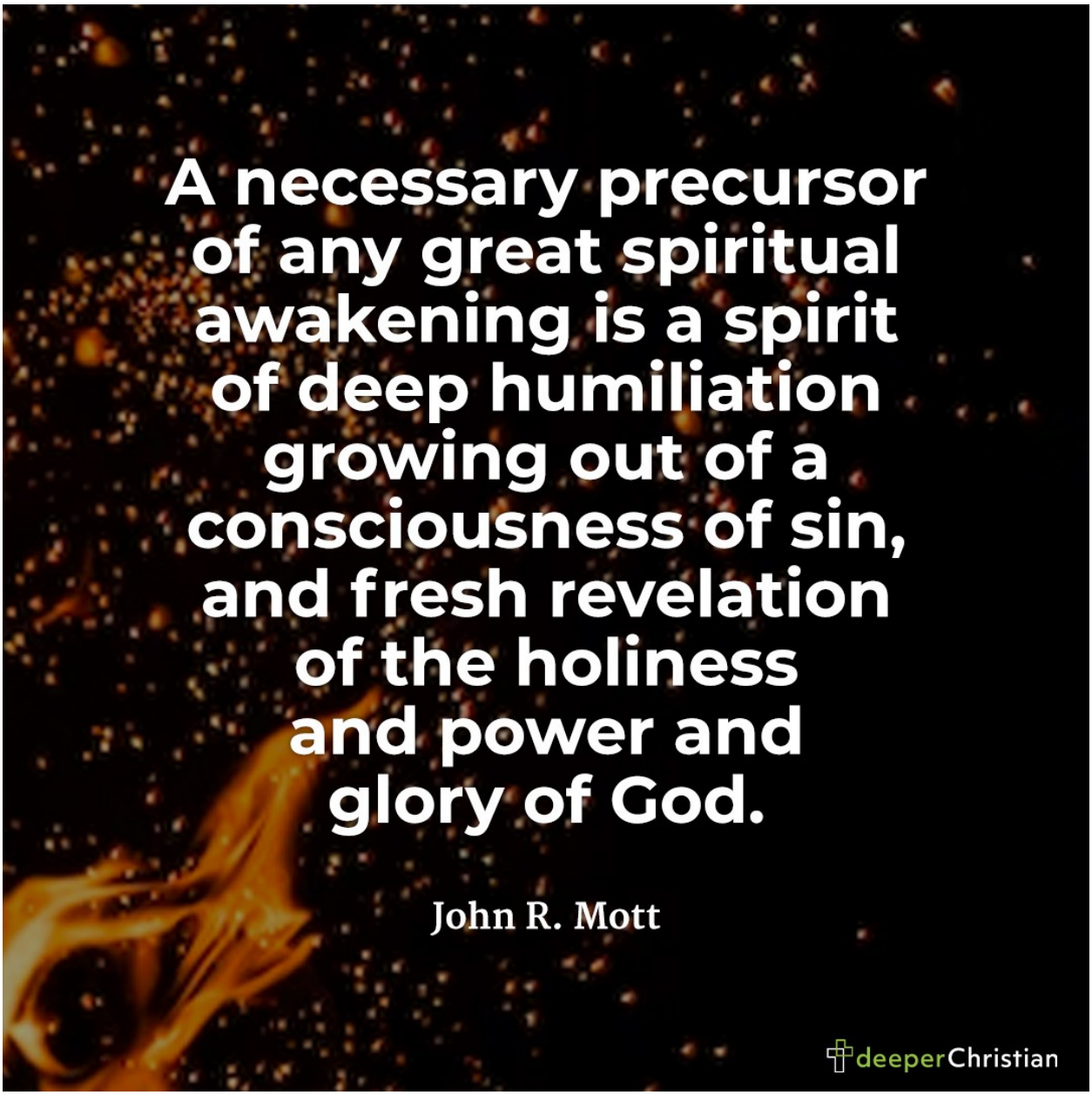
CHAPTER 6:

CHAOS:

SPIRITUAL AWAKENING/HONESTY


A necessary precursor of any great spiritual awakening is a spirit of deep humiliation growing out of a consciousness of sin, and fresh revelation of the holiness and power and glory of God.
John R. Mott
deeperChristian

<u>SPIRITUALLY SICK:</u>

"MALFUNCTION"

*Separation from God, profound apathy, moral decay, emotional distress, addiction, self-centered desires, moody, corrupt thinking, poor behavior, depressed, confused, fearful, always worried, feelings of guilt.

As we mentioned earlier, getting spiritually sick is just the beginning of addiction actually taking over from the inside-out. A weak **will** has the same affects as a weak immune system. It affects the spirit, but the power of **grace** will strengthen the spirit. Allowing us to bounce back from our down fall. Faith is the gas for our hope, to a new and better life. That promise of igniting our little flicker is what will save us. That doesn't mean we won't go through a little pain but expect He will guide us through it.

SPIRITUAL PAIN:

"HEARTACHE BEFORE LOVE"

*Relating to or affecting the human spirit or soul. Damaging the animating principle (will) and our conscience.

1. Soul penalty (losing yourself)

2. Soul and mental discomfort and distress (apathy, bad decisions)

3. Soul and mental unpleasant feeling caused by

a. biological - drugs and alcohol

b. psychological - loneliness and isolation

c. social factors - people, places, and trauma

**BE HONEST TO YOURSELF. IT'S TIME TO DECIDE:*

(-) **reject** the spirit

accept death

continue with addiction

or

(**+**) **accept** the spiritual quickening

with its divine healing:

1. the restoration of spiritual connections through the miraculous power of God's love

2. Divine Perpetual Manifesting (fuel)

a. the fruits of the spirits

GOD'S LOVE (DIRECTS)----**JESUS'S GRACE** (INITIATES) ----**OUR FAITH** (PARTICIPATES)

**Our remedy to the spirit of addiction*

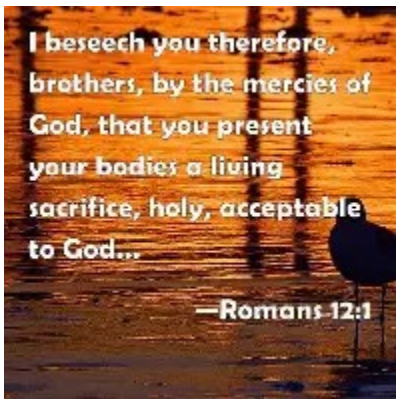
Lets proceed to the science of all this madness and explore how God handles our addiction. After all he is the Creator and the remedy.

ADDICTION:

Is the fact or condition of being addicted to a particular substance, thing, or activity

(sex/alcohol/illicit drugs/prescriptions drugs...)

compulsive use of a substance or engagement in a behavior despite harmful consequences.


I beseech you therefore, brothers, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God...
—Romans 12:1

**Lets sacrifice our bodies to the Lord, instead of the spirit of addiction.*

stage 1. Experimentation - trying it **Spiritual**

stage 2. Regular use - everyday **War**

stage 3. Risky Use - tolerance build up **Fare**

stage 4. Dependence - takes toll on the brain, body, and soul (**spiritual sickness**)

stage 5. Addiction - takes our life, health, and relationship (**divine intervention**)

SWITCH OUR BEHAVIOR

Jesus Christ + Morals + Ethics + Principles = Bible

Let us explore the Doors of Disaster (-) and the Doors of Opportunity (+)

DOORS OF DISASTER:

need to be closed shut to open the doors of opportunity.

- dangerous/shady locations
- negative demeanors
- shady associates or acquaintances
- negative family members
- Idolizing other things: money-people-material things- self
- Questionable lifestyle

DOORS OF OPPORTUNITY:

genuinely open up when we whole heartedly wait for God to direct our steps.

- practice skills and gifts
- form productive habits and routines
- make friends and associates with positively motivated individuals, business orientated professionals, and God-fearing individuals
- acquaint yourself with positive environments and locations
- practice on a positive attitude and stay goal focused
- be God-fearing and move forward Heaven bound
- strive to be Christ-like and connected to God
- carry a lifestyle you're not ashamed of

REVERSING ADDICTION

We are recovering and reforming ourselves completely inside and out. It will be work and it will take time. Patience is virtue at this point.

These are the steps of recovery from a state of chaos to the daily maintenance that is needed. We explained earlier the stages of the beginning of addiction. Starting with experimenting to all the way to full blown addict. Take the time to notice and recognize that what you are about to accomplish is the reversal of what happened to you. Spiritually, mentally, and physically killing yourself to being resurrected through the **G.R.A.C.E.** of God.

1. Chaos - addiction (admitting you need help)
2. Subside - (calmness) - hospitalization, programs, counseling, therapy, medication, Bible study, meditation with prayer.
3. Search - practice being Christ-like, continue Bible study, look within yourself, continue therapy, programs/Bible study, connect to God, meditate with prayer.
4. Build - character, principles, morals, ethics, renew our way of thinking, meditate with prayer, stay connected to God, AA/programs/Bible study
5. Maintenance - divine perpetual manifestation, stay connected to God, AA/programs/Bible study, charity, church, meditate with prayer

It is important to continue with praying. Praying is our way to communicate with God and should be seen as if we are talking to our best friend. Except He will always answer us on time although we might not think so. Keep this in mind you made it this far and He has more plans for you. An abundant amount of blessings just for staying faithful to Him. You can see how far His faith goes by the stories in the Bible. They apply to us as well. Think how they do so, it is part of the whole recovery process (meditation) of this journey. This is part of letting go of one reality and entering another. The paradox of life, shedding the carnal man to reveal your spiritual self.

DIVINE TRUTHS

- Divine Perpetual Manifestation - continual growth through the "truths"
- Moral conduct - shed the carnal man (old ways) - how to behave in a better way
- Social justice - (charity) give a community their dues, fairness, equity, equal treatment
- Moral principles - core belief of good/bad behavior, decision making systems
- Spiritual growth - strengthening our connection to God
- Ethical conduct - Internal renewal of the spirit by divine law
- Divine teachings - teachings from God and Jesus Christ
- Meditation with prayer - reflect contemplate on the divine teachings and how to apply them to our renewing of the spirit

PRINCIPLES OF FAITH

**THESE PRINCIPLES ARE KEY TO A FAITH BASED RECOVERY. YOU ACCEPT THESE AS A SOLID FOUNDATION FOR GROWTH. THEN IT WILL BE EASIER TO ACCEPT GOD'S SOLID PROMISE OF TRANSFORMATION. HIS FAITHFULNESS IN PROTECTING US AND BLESSING US.*

1. God exist
2. God is the creator
3. God is omnipresence
4. God is eternal
5. Glory goes to God
6. Jesus is the Messiah
7. The Bible is immutable - the "Word" speaks truth
8. God is omniscient
9. God rewards and punishes
10. Resurrection of the dead
11. the Holy Spirit is our helper

***HELP (**AID, ASSIST**) - HEALING (**HEALTH, WHOLENESS**) - HOPE (**EXPECT WITH CONFIDENCE**)**

** God uses brokenness to deepen our understanding*

1. He gives us a new perspective of his mercy
2. Provisions are supplied through faith
3. We start to depend on Him, instead of ourself (spiritually surrendering)

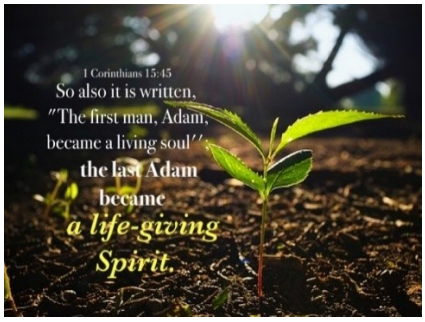
(our addiction tells us otherwise but that is the spirit of addiction trying to feed us lies)

**God loves the broken and will redeem the lost.*

CHAPTER 7

Transformational Calmness:

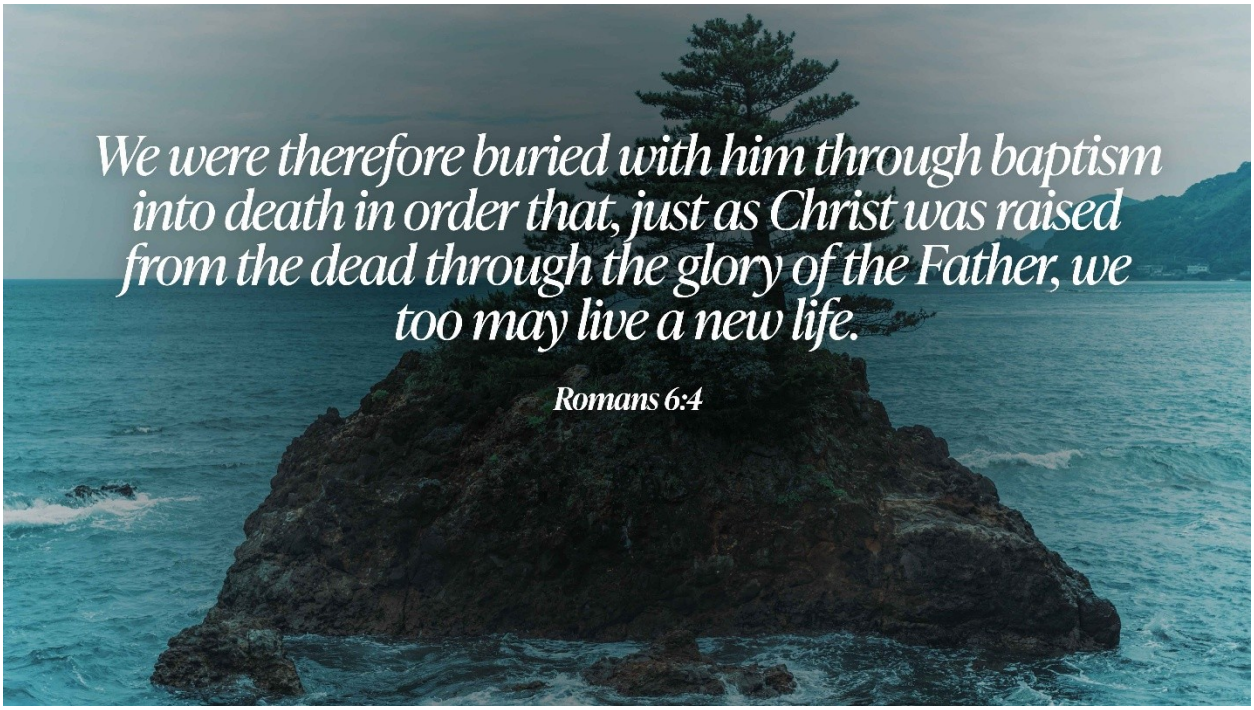
The Quicken Spirit



We woke up the spirit, but we need to take it out of the coma. Only God can quicken the spirit. It's your own decision though to start the process. You see we asked for the help from the death of decay but the mind is still foggy and in a coma. We must allow the mind to be transformed. In this transformation we will be making, the once toxic unfertile mind, rich in peace and calmness. "Fertilizing" and "watering" it through righteous thinking and prayer.

The new creation we are becoming will yearn for this, the chance to please God. Don't let yourself be overwhelmed. We still have a long way to go. Shedding our carnal self is a process. I myself missed many things from my past lifestyle. Remembering the universe, I built for myself. My ego brought so much pain and destruction. The love I had for it and myself turned to hate and self-destruction. The false notion of self-preservation, plus the chaos I was going through was the results of misguided hostility, anger and animosity that was pent up inside of me. I used my addiction as a way to celebrate everyday victories. Which turned out I was masking a long bout of trauma. I was fighting for the wrong side of the war. Actually, causing more trauma and stress in my life. Which many of us do without even really realizing it. when I did, I was not caring about the outcome. This is even more evidence of why we need the miraculous power of God to transform us and wash away our sins.

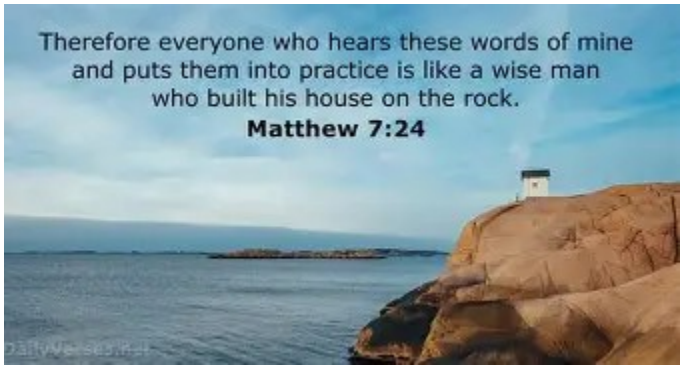
The father of lies told me, “Sin is a restriction and pride is my true will". I built an ego that the universe was centered around. Does this sound familiar. I was so full of myself in my addiction, I forgot about God. The spirit of addiction told me " I wasn't good enough for God”, I believed him. God said otherwise and He to invites you, with open arms, to His family. He is ready to wash those sins off. A critical part of our renewing/transformation.


We were therefore buried with him through baptism into death in order that, just as Christ was raised from the dead through the glory of the Father, we too may live a new life.
Romans 6:4

Chapter 7

Subside/Renew

Transform


Therefore everyone who hears these words of mine
and puts them into practice is like a wise man
who built his house on the rock.
Matthew 7:24

TRANSFORMATION BY RENEWING THE MIND

1. The mind is the field that,

2. The seed is planted in,

3. It turns into action (growth),

4. It turns into habit (ritual)

5. It turns into pattern (routine),

6. It turns into our lifestyle (culture)

OUR PURPOSE

BEFORE & AFTER TRANSFORMATION:

Before:

1. Get high,
2. be functional in life,
3. don't get in trouble,
4. be happy,
5. avoid jail and psychiatric wards or rehabs.

After:

1. Glorify God,
2. Fulfill God's will in our life,
3. Realize we belong to one another
4. We are covered in the Holy Spirit
5. Holy Spirit runs through our heart
6. Enjoy God
7. Enjoy Life

I'm going to give my example of before and after purposes. It probably isn't much different from any other addict. I recommend you also doing this, to see where you stand in your addiction. It’s a good visual exercise to see what needs to be filtered out or what needs to be approached.

Always try getting help from a good faith-based church, if you can't trust any nearby. There is a list of emails and references at the end of the book. They understand about substance abuse and will be willing to help you.

A. Drug Lifestyle/Culture:

1. I want to get high (mind set),
2. I buy dope (seed),
3. I use the dope (growth),

4. I repeat every day for 2 weeks (ritual)

5. I use for months--->years (routine)

I spend all my money on it. Buy equipment, paraphernalia, and containers for the substances. Watch movies about it. Clothes glamorizing it. It has become my idol all so subtle. My health is affected by it. Death is the result because of it. My mind has stopped. My soul is lost....

Stop using the substances....

B. Christian Lifestyle/Culture

1. Stop using,
2. I buy a Bible,
3. I get to know it & practice its lessons
4. I attend Sunday church and a group
5. I keep at it for a few months

(Sunday-Wednesday-Saturday)

I attend church, Bible study, charity, A.A. It turns into a lifestyle. I feel alive and at peace with God.

OPERATE ON RIGHTEOUS IDEAS

1. Be aware of the enemy **2.** Make right decisions **3**. God is always with us

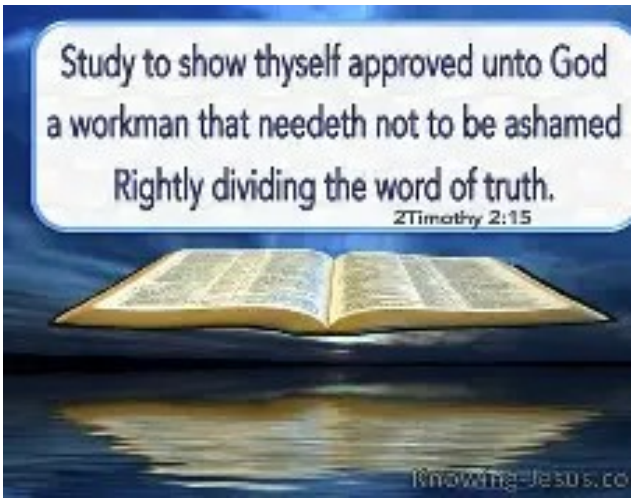
**THE BIBLE IS OUR MANUEL AND INSTRUCTIONS*

**WE ARE A PRODUCT OF GOD - WE ARE HIS BELOVED CREATION*

**SIN WILL KEEP US AWAY FROM THE BIBLE*

BIBLE WILL KEEP US SAFE FROM SIN

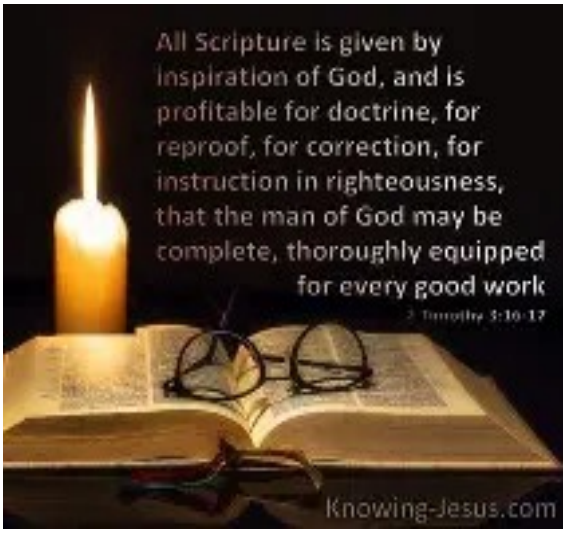
BIBLE KEEPS US AWARE OF THE ENEMY


Study to show thyself approved unto God
a workman that needeth not to be ashamed
Rightly dividing the word of truth.
2Timothy 2:15
Knowing-Jesus.co

Ideal

(-) the devil has many weapons in his arsenal - media, disease, drugs, etc...

(+) We have God and His protection


All Scripture is given by
inspiration of God, and is
profitable for doctrine, for
reproof, for correction, for
instruction in righteousness,
that the man of God may be
complete, thoroughly equipped
for every good work
Knowing-Jesus.com

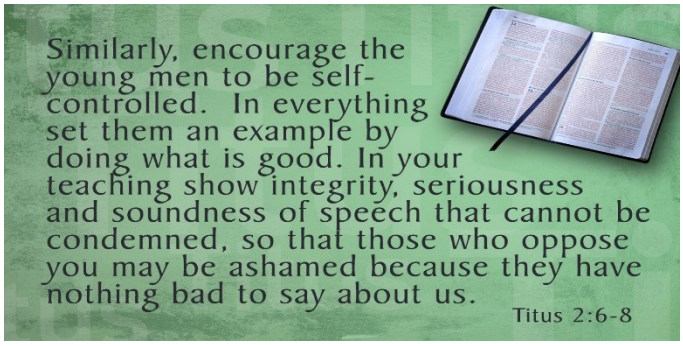
Ideal

Spiritual healing is a path we must seek on our own, by making a sound decision to do so. With no influence just on our own free will.

Ideal

God has proclaimed to protect us at all times.

Through baptism and prayer, we are grafted into his family.

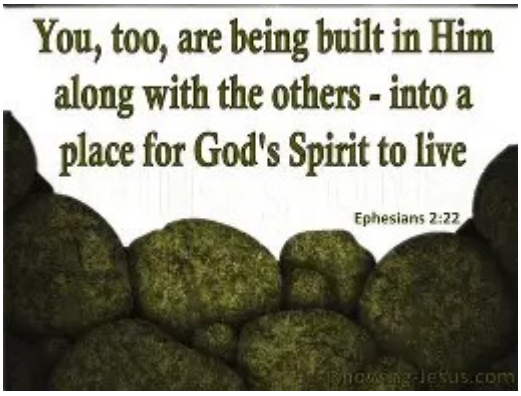

Similarly, encourage the young men to be self-controlled. In everything set them an example by doing what is good. In your teaching show integrity, seriousness and soundness of speech that cannot be condemned, so that those who oppose you may be ashamed because they have nothing bad to say about us.
Titus 2:6-8

Ideal

Purifying and refinement take time and hard work.

Our hope is in Jesus Christ.

Reformation is a life time commitment to our Lord and Savior, to ourselves.



Ideal

Build a community and be a part of it

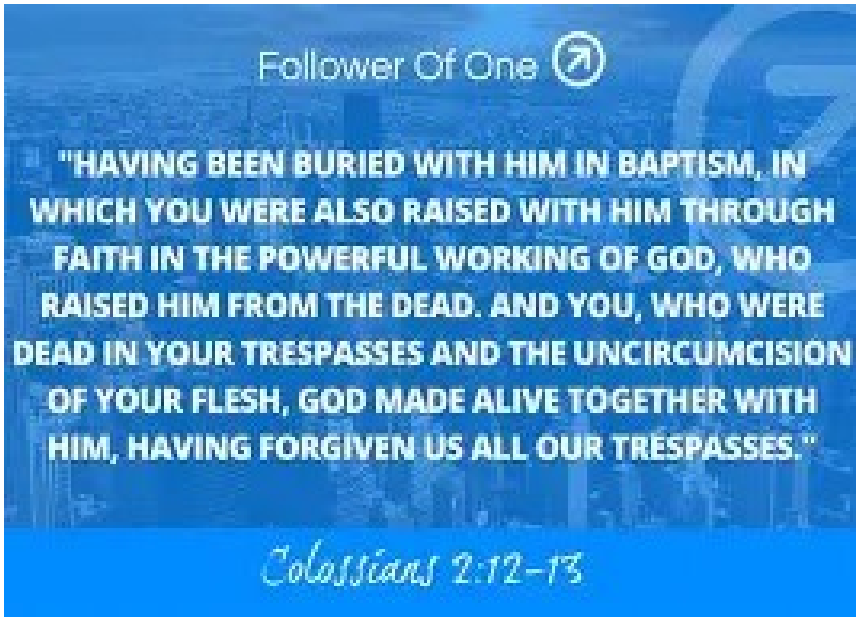
(-) functioning drug addict, sinful Satan worshipper, law breaker, rebellious, **Death** from being crooked

(+) functioning law abiding, God fearing citizen of the kingdom of Heaven, **Life** due to being righteous

CHAPTER 8

Search:

Baptism/Reconnect


Follower Of One
"HAVING BEEN BURIED WITH HIM IN BAPTISM, IN WHICH YOU WERE ALSO RAISED WITH HIM THROUGH FAITH IN THE POWERFUL WORKING OF GOD, WHO RAISED HIM FROM THE DEAD. AND YOU, WHO WERE DEAD IN YOUR TRESPASSES AND THE UNCIRCUMCISION OF YOUR FLESH, GOD MADE ALIVE TOGETHER WITH HIM, HAVING FORGIVEN US ALL OUR TRESPASSES."
Colossians 2:12-13

After slowly being consumed and fragmented by our addiction. We have accumulated so many sins that we need to be forgiven. Baptism is exactly what that is for. Repentance is our way to continue being honest and admitting to God what we did in our foggy, dream-like stupor of following the instruction of the slave master .... the spirit of addiction. We were the walking dead on Earth, frivolous to the many acts we have done and forgotten about. Sometimes I wonder to myself if I was doing the drugs to forget about many of those deeds. If I'm going to be transparent then the answer is a yes. The only way I can say that confidently and without shame is because of God's redeeming power of the mind, body, soul and life. As mentioned in the beginning of the book I went through my dark times which involved legal battles and prison time, all behind my addiction. God was the only one to get me through it safely. It wasn't pretty though. I witnessed violence, riots, compromising situations and all sorts of projections of the Devil's playground.

Many times, drugs were the fuel propelling the engines of these situations. The same thing that made me happy brought me despair. It hid my memories and then brought them back up only to laugh at me in my dark times. Shameful, regretful, and guilt-ridden things I have done and wanted to forget. Without remembrance how else could I have confessed to the Lord. I took the situations of these moments and repented to God about it all. I found out that this is what divine refinement is, it's nothing nice but much needed. So, if it's any assurance to you the negative feelings go away. We are filled up with joy and positivity from God. The joy that he forgives. Those days are far behind us now as each day goes by. We have a place in Heaven now, no matter where in life you find yourself at this moment; he is inside you loving you right now.

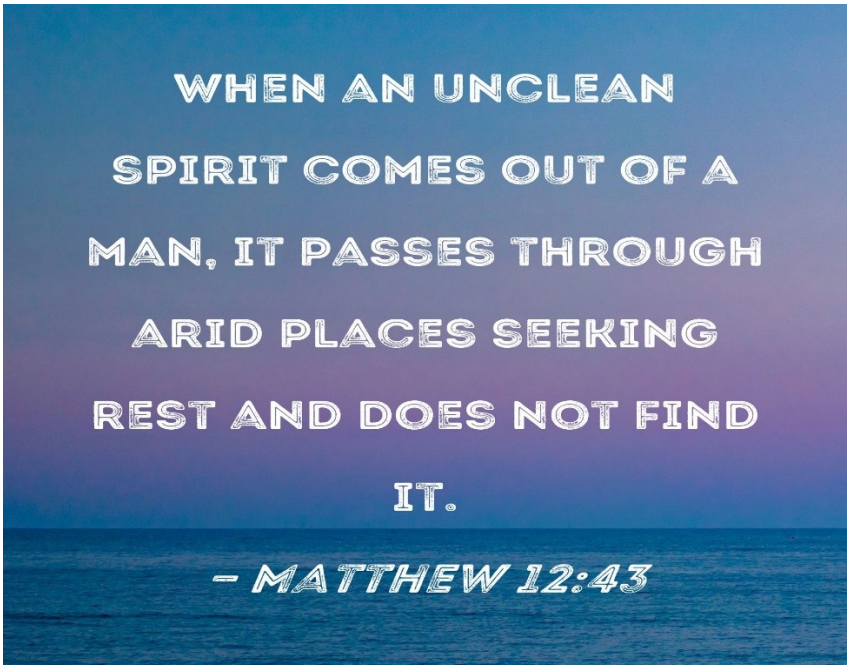
Get yourself baptized to wash the sins away and start the character-building journey you deserve to walk in. Don't let the spirit of addiction lie to you anymore. You are no longer hooked, but the wounds need to be washed and healed. The scars that will be left behind will be reminders of a past that made you stronger, a battle that couldn't break you. The war wounds of a spiritual battle we barely survived. You are a P.O.W.-**p**risoner **o**f the **w**orld-that you help build around you. We all made mistakes, but always know that we are exactly

whom Jesus talked about saving, the sinners of the Bible. He was just waiting for the signal to come in and rescue us.

our antidote to addiction is Baptism, Jesus is the Doctor and the Holy Spirit is the remedy. It takes courage to reach out for help to get us out the coma; giving us a total reset in life. So be patient, that's the 1st fruit you must grow. I laid out a means to give you a structure on how to grow your fruit. Fruit takes time to grow so patience is definitely needed. Because we are weak, spiritual nutrition and physical nutrition are both vital, you must include mental nutrition as well. That is the ground that needs to be fertilized to grow the fruits. We are a 3-part creature: spiritual, emotional, and mentally functioning with the "Breath of God".

Baptism is a declaration that all old contracts, hooks and chains, the spirit of addiction had on us has been destroyed. All our old sins have been washed away from the Judgement Book in Heaven, but our physical self needs a bit of resetting. The Holy Spirit is assigned to us for exactly that reason. We give ourselves to God for redemption, salvation, and grace. Shedding of the carnal self. The beginning of divine perpetual manifestation. The renewing of your mind and life. Entering in agape unity with Christ. He fills us up with love, joy, and strength to enjoy a righteous life. Seek **Truth** diligently to avoid relapse triggers and relapsing.

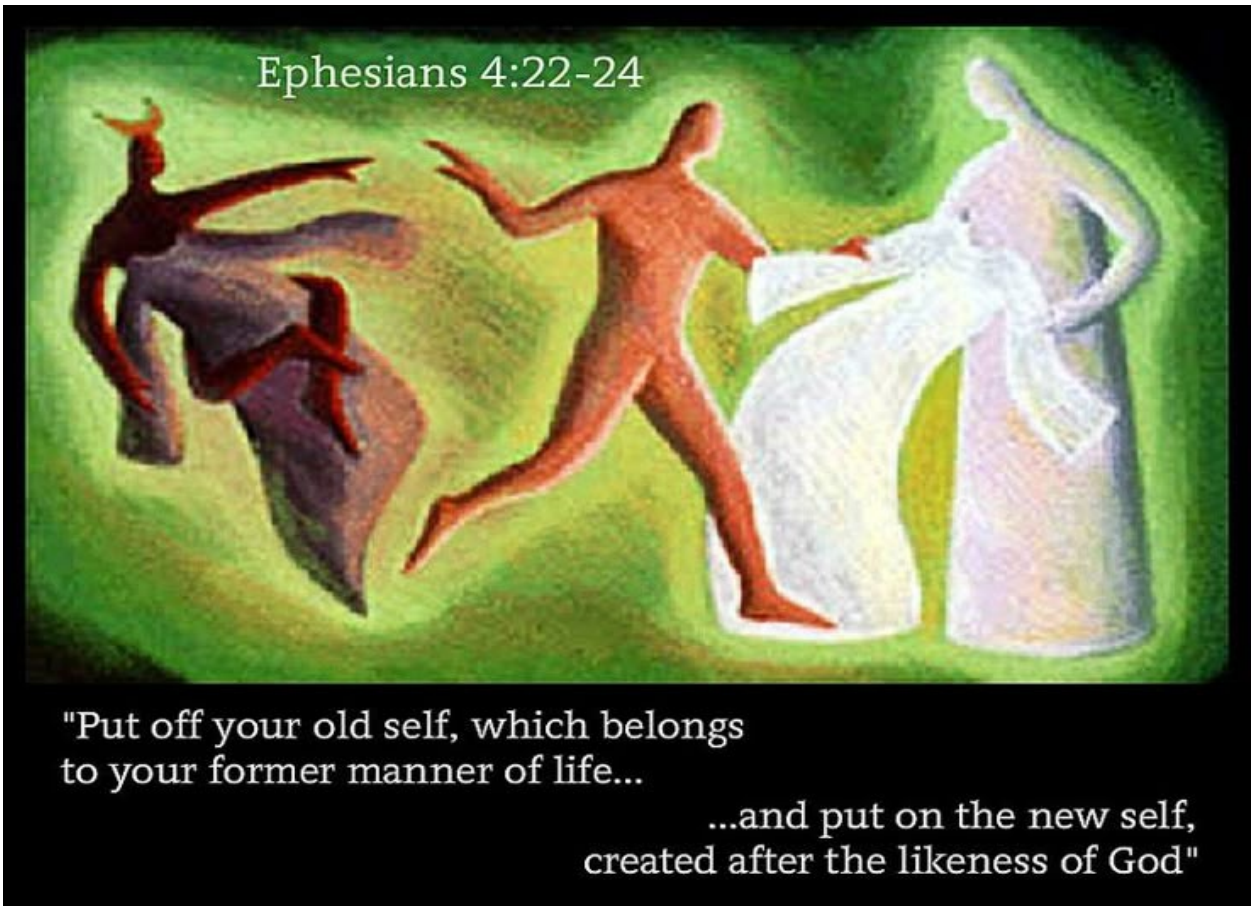
Practice changing persons, places, things, and situations by writing a list of those triggers. Pick up that hobby you wanted to do and replace that bad habit that was doing you. Surround yourself with like-minded people, groups and friends. Pick up a sport or writing.... etc etc etc. You aren't just cleaning house you’re inviting the True Creator to move into your your heart, mind and soul to take ownership.



CHAPTER 8

SEARCH/BAPTISM-RECONNECT

Biblical **A**uthority **P**ut **T**o **I**ndividual **S**oul **M**aking


Ephesians 4:22-24
"Put off your old self, which belongs
to your former manner of life...
...and put on the new self,
created after the likeness of God"

Soul (student) + Spirit (teacher) = **WE**

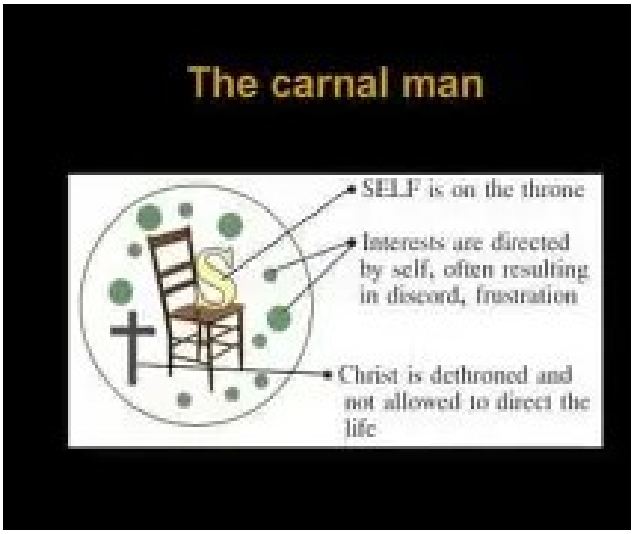
SHED THE CARNAL NATURE:

" EMPTY THE OLD VESSEL "

(+) the Word - People - Circumstances .....(-) World - Satan - Self

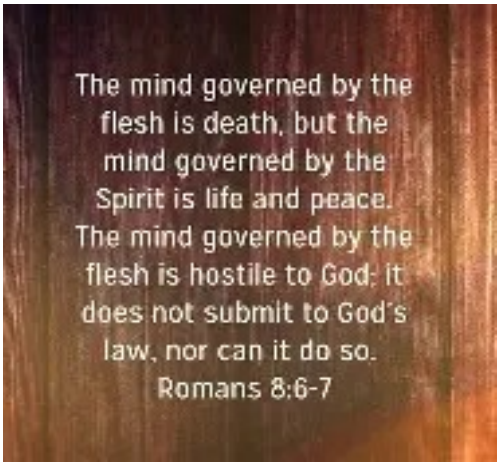
(This molds us) (He breaks us)

* CARNAL NATURE = MAKES US SELFISH, UNTRUSTWORTHY, AND DECIETFUL


The carnal man
SELF is on the throne
Interests are directed by self, often resulting in discord, frustration
Christ is dethroned and not allowed to direct the life

Carnal ways of man:

- regret
- sinful nature
- sorrow/anguish
- own decision
- lessons learned


The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace. The mind governed by the flesh is hostile to God; it does not submit to God's law, nor can it do so.
Romans 8:6-7

Spiritual ways of man:

- blessings
- prosperity
- enlightenment
- lessons
- happiness with God
- goodness
- divine intervention
- honest/success

Baptism also represents the washing away of sin, a rebirth into a new life of faith, and inclusion in the Christian community...

Baptism helps us identify ourselves to God and gives us self-worth.

We identify as a child of God:

1. He loves you

2. You please Him

3. He proclaims you

(Get **baptized to help you realize yourself worth to God**)

**Do so at your local church or visit one of the ones listed in this book.*

EVERYONE IS SALVAGABLE:

Jeremiah 15:16 KJV
Thy words were found, and I did eat them; and thy word was unto me the joy and rejoicing of mine heart: for I am called by thy name, O LORD God of hosts.

* GOD HEALS OUR MORAL DECAY

* GOD QUICKENS OUR SPIRIT

* GOD RECHARGES OUR ENERGY OF LIFE

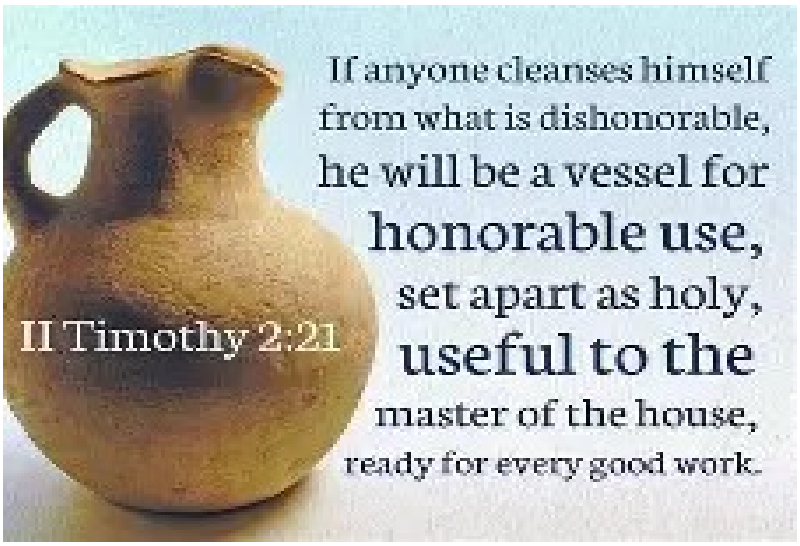
* JESUS IS OUR GRACE

**** God's pathway of brokenness = God's requisition for maximum usefulness****

physical ailments-persecution/conflict-internal struggles (psychological)-trauma-addiction

THE NEW VESSEL

SPIRITUAL MAN:



3 Building blocks to Divine Perpetual Manifestation of our Salvation:

" The human soul is very timid when it realizes it's attached to the spirit of God "

1. Ethical Principles: " Reconstruction of the Heart "

A. Autonomy - recognize an individual's right to self-determination and make their own informed decision. (Respect, attentiveness)

B. Beneficence - moral obligation to act for the benefit of others and well-being. (Charity, caring, nature, just, equality)

C. Non-maleficence - The duty " to do no harm " and minimize risk to others. (self-aware, accountability, accountable, aware of your surroundings, mindful of others)

D. Justice - fairness, equity, and equality in the distribution of resources and treatment of others.

These might sound like some very simple tasks or ways that are basic to our nature, but the thing is do we really practice them or do we stay in our narcissistic ways? Well, the grace of God and the renewing of our mind say otherwise. Let's put forth the effort into being kind to one another and watch the power of God unfold before your eyes in your life. From here forward I will introduce various tools, provided through the Word, that will help shape the new creation within us and fill the vessel up with positivity and goodness. By educating ourselves about what makes up each component of our character, our hopes are that we can start to see the areas in which we have flaws in. We can ask the holy spirit to work on those flaws in us. Just because we have bad habits, it does not make us bad people. We are only broken vessels with potential. We are all God's diamonds in the rough.

A. We reconstruct our ethics-morals-principles

B. We form new habits

C. We share with others

2. Virtues and Morals: " Habits of the heart "

A. Moral - inner belief of good and bad, also external influences and beliefs

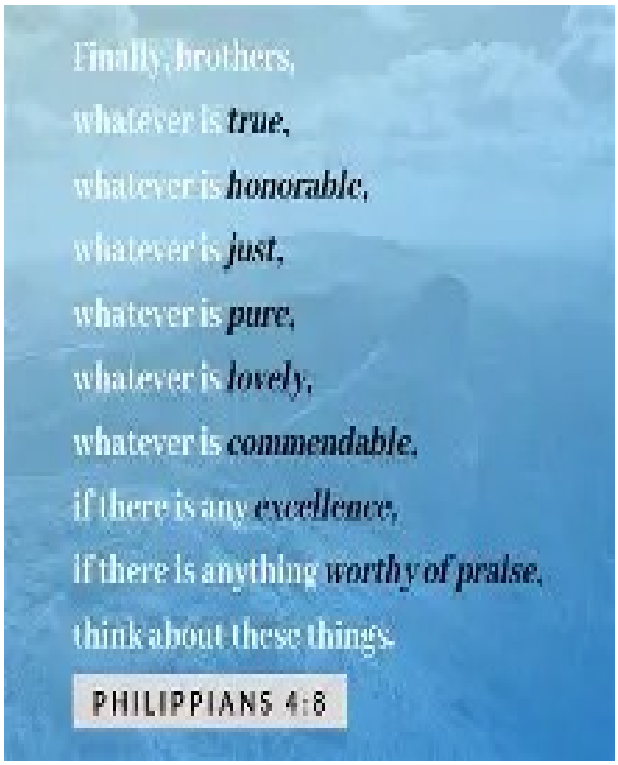
B. Ethics - Established by external entities, influenced by groups, society, profession standards and codes

C. Principles - rules, core beliefs, foundations of behavior, decision-making systems

D. Virtues - are morals, shape your character, contribute to a better society

There are many virtues that exist, so we will focus on the virtues of the mind which Philippians 4:8 speaks of. Amazing how God gave us the instruction manual to fixing us, he created.

MEDITATE ON THESE:



8 VIRTUES OF THE MIND

** CHRISTIAN MATURITY BEGINS TO GROW WHEN YOU CAN SENSE YOUR CONCERN FOR OTHERS OUT WIEGHING YOUR CONCERN FOR YOURSELF.*

3. Divine knowledge and Divine justice:

A. the practice of using your reconstructed heart and new habits of the heart

B. Holy spirit driven - meditation and prayer

** Pray to God about removing these demons using his angels:*

The spirit of addiction does not work alone

7 Principles of Sin:

- Lucifer - pride
- Asmodeus - lust
- Belphegor - sloth
- Beelzebub - gluttony
- Mammon - greed
- Satan - wrath
- Leviathan - envy

Healers of God:

- **Michael** (*"Who is like God?"*): The supreme commander of the heavenly hosts and defender of the faith.
- **Gabriel** (*"God is my strength"*): The primary messenger of God who announces divine revelations and prophecies.
- **Raphael** (*"God heals"*): The physician of heaven, responsible for physical, emotional, and spiritual healing.
- **Uriel** (*"God is my light"*): The angel of wisdom, light, and intellect who illuminates the minds of believers.
- **Selaphiel** (*"Prayer of God"*): The patron saint of prayer, often depicted with hands crossed over his chest in humble supplication.
- **Jegudiel** (*"Praiser of God"*): The protector of those who work or labor for the glory of God, carrying a golden crown for the righteous.
- **Barachiel** (*"Blessing of God"*): The dispenser of divine blessings and white roses to the faithful.
- **Jeremiel / Jerahmeel** (*"Exaltation of God"*): The eighth archangel, who watches over the afterlife journey and guides holy souls toward resurrection.

DIVINE PERPETUAL MANIFESTATION

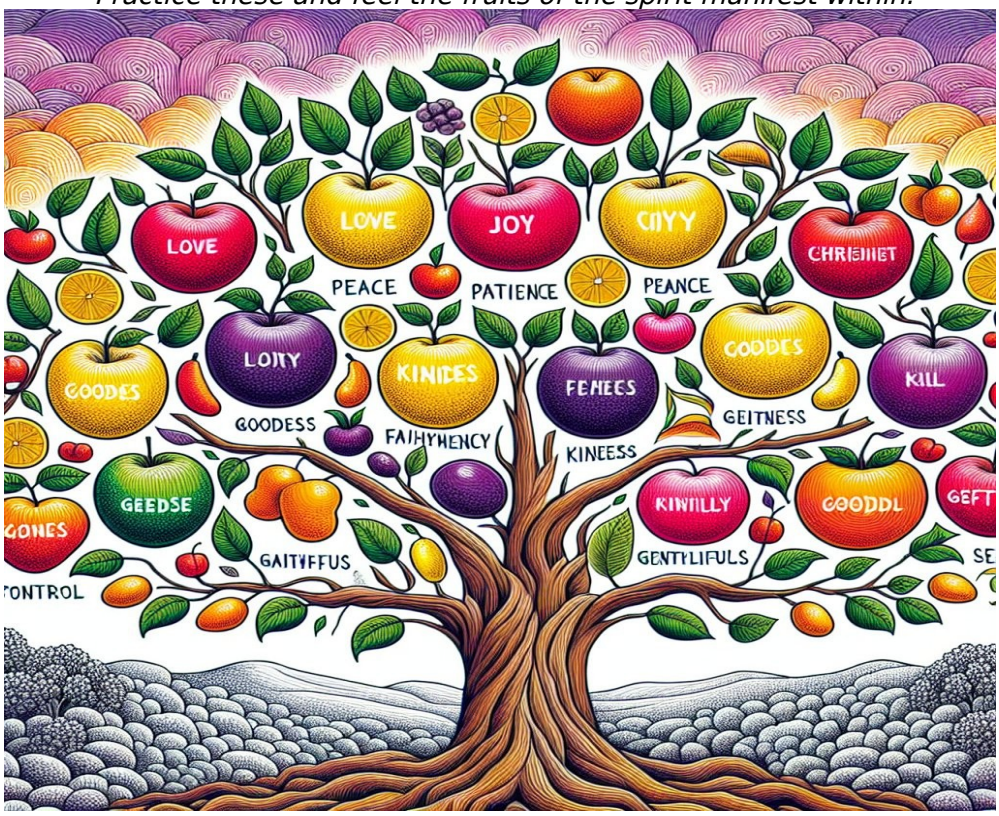
Energy continuously manifested from the essence and is returned through charity ...

Christ-like character manifestation (essence) is attained through the beatitudes, which are used to help transform our ethical principles and moral principles. Refining the virtues instilled in us after baptism and with diligent prayer. Allowing us to be clearly heard through prayer. For the purpose of communication, p[raising and receiving instruction. To lead us in the right direction.

The Beatitudes (Matthew 5:3–12)

- **"Blessed are the poor in spirit, for theirs is the kingdom of heaven."**
- **"Blessed are those who mourn, for they will be comforted."**
- **"Blessed are the meek, for they will inherit the earth."**
- **"Blessed are those who hunger and thirst for righteousness, for they will be filled."**
- **"Blessed are the merciful, for they will be shown mercy."**
- **"Blessed are the pure in heart, for they will see God."**
- **"Blessed are the peacemakers, for they will be called children of God."**
- **"Blessed are those who are persecuted because of righteousness, for theirs is the kingdom of heaven."**

** Practice these and feel the fruits of the spirit manifest within.**



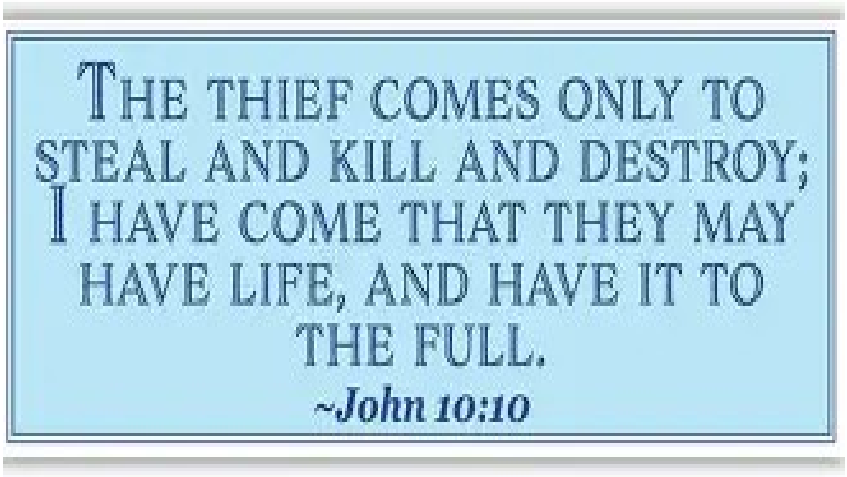
CHAPTER 9

Building the "Temple"

with the Holy Spirit

However, when He, the Spirit of truth, has
come, He will guide you into all truth; for
He will not speak on His own authority,
but whatever He hears He will speak; and
He will tell you things to come.
John 16:13

It's a very long journey for us addicts. We survived our "wilderness" journey and took way to many wrong turns but you know what? .... you made it this far and are reading this because God has a purpose in your life. I wrote this book to give you hope and strength, so you can continue the path that God has created for you. Also, to let you know that the struggle is real and we are able to bounce back in unity. The devil's plan is to divide and conquer. Steal, kill and destroy us since the beginning.



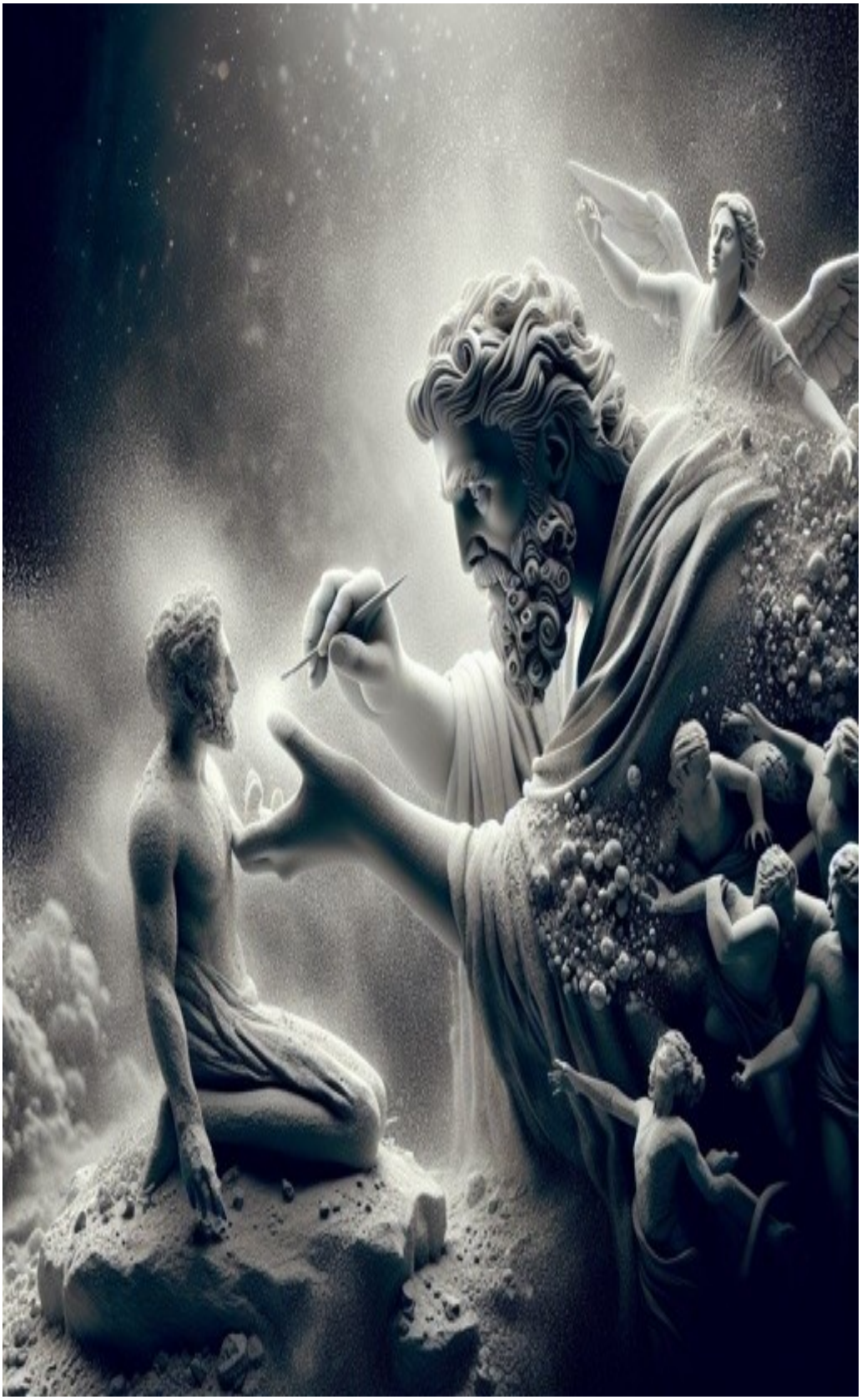
If you think that you'll miss the past, well I can tell you from experience that it gets way better in the future. That it is natural for us to miss the "good times" until you start to realize where those "good times" let us roll in to, rehab, jail, or other places we didn't want to be. The Holy Spirit will remind us of those locations and when it does just take it with grace, repent and thank God for saving you from those locations. Although rehab is a necessary place to help us in our recovery from addiction; it still isn't the 1st place on my get away list. Remember that God owns everything, even the soul you thought you sold.... yup He even reclaimed that too don't worry. I had a fear that I sold mine but he let me know that it was a lie the spirit of addiction and the evil-one tried to sell you and I.

Matthew 10:28 (KJV)
28 And fear not them which kill the body, but are not able to kill the soul: but rather fear him which is able to destroy both soul and body in hell.

Remember who breathed life in us, that is our true master. The owner of our soul and the great redeemer of his lost children. You see he loves all of us. No matter how far we have fallen or how many times we have fallen. He has been there to pick us up without even us asking or noticing in our drug induced stupor. How much more will he help us when ask him. It's through

God's **R**emedy **A**gainst **C**arnal **E**rror

G.R.A.C.E. that we are able to rebuild our spirit.



CHAPTER 9

Building the "Temple" with the Holy Spirit

GOD'S **R**EMEDY **A**GAINST **C**ARNAL **E**RROR

Sobriety is Attainable through G.R.A.C.E.

** Grace is personified through Jesus Christ,*

the teacher of character building.

**Morals are practiced here ... practice being good by discerning what is good...W.W.J.D. (What Would Jesus Do)?*

- **Salvation:** The grace of God appeared through Jesus' life, death, and resurrection, offering complete forgiveness and eternal life as a free gift rather than a reward for good works.
- **Divine Power:** Grace is often described as the empowering presence of God. The Apostle Paul encouraged believers to be "strong in the grace that is in Christ Jesus", relying on His enabling power rather than their own human strength.
- **Embodiment of God:** The New Testament affirms that Jesus is the visible expression of God's grace, and in Him, believers experience the fullness of divine acceptance, truth, and love.

FAITH - LOVE - HOPE

<u>Contributing factors to our:</u>

<u>Moral Decision-making Character</u>

- Experiences
- Thoughts - an idea or opinion, the action or process of thinking
- Emotions - mental states triggered by internal or external events (circumstances, moods, relationships, baptism/Holy Spirit)
- Memories - stored experiences, shape identity, they influence future behavior
- feelings - response to a person, thing or situation

So far, we have been operating on the things we have learned and experienced in our past. Consciously or sub-consciously we base our decisions on what is in our moral tool box. Unfortunately, we might have the wrong tool box we are working out of, this is why we let go and let God.

(I wish the best for you on your new found journey and remember that you made it this far. You're beating the odds and you're beating the devil with God's grace. Keep pushing and take every step confidently.)

<u>Fruits of Christ-like Behavior:</u>

Daily spiritual nourishment to sustain the quicken spirit in you.

1. Fuels our mind, body, and soul

2. Sustains the soul for the awakening and quickening of the soul

3. Maintains the connections of the spirit and soul, allowing us to be susceptible to discipline, instruction, direction, and love.

Christ-like behavior naturally produces outward evidence known as spiritual fruit. These characteristics reflect a person's inner transformation and alignment with the character of Jesus Christ. To allow us to mature and grow in Jesus Christ on the daily.

The Fruit of the Spirit (Galatians 5:22-23)

- **Love:** Selfless concern for others.
- **Joy:** Deep, lasting inner happiness.
- **Peace:** Calmness despite difficult circumstances.
- **Patience:** Enduring hardships without complaining.
- **Kindness:** Showing compassion and generosity.
- **Goodness:** Living with moral integrity.
- **Faithfulness:** Remaining loyal and dependable.
- **Gentleness:** Dealing with others softly.
- **Self-control:** Managing desires and emotions.

PRACTICE-PRACTICE-PRACTICE-SHARING YOUR FRUITS

USE PRAYER AND MEDITATION FOR COMMUNICATING AND RECIEVING DIRECTON FROM GOD, BY THE HOLY SPIRIT, THROUGH JESUS CHRIST

Practical Evidences in Daily Life. Be sure to share your fruit with others. You never know who might be needing a helping hand, an ear to rant to, or a shoulder to cry on. After all we have been there or are still "going through it". We need each other in recovery.

- **Humility:** Putting others before yourself.
- **Forgiveness:** Letting go of offenses.
- **Service:** Helping those in need.
- **Truthfulness:** Speaking honestly with love.

** Prayer will always get you back on track, if any of these fruits seem not to grow or ripen.*

Remember ask:

1. Jesus to guide you to God

2. Thank Jesus for the blood he shed for your sins

3.Thank him for saving you

4. Ask God specifically for the help in the areas of your life you need it in

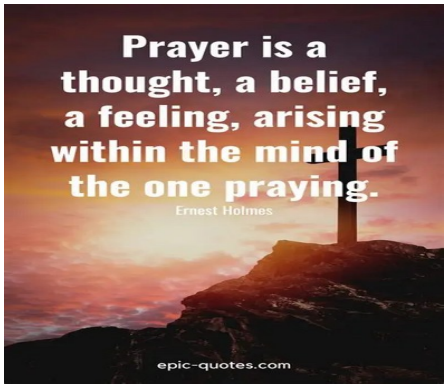
THEN WAIT PATIENTLY FOR THE HOLY SPIRIT TO ARRIVE WITH GOD'S ANSWER.....

" God says i need you clear minded to project peace and love to each other..."

God's provision is more than just physical, he spiritually provides our every need as well.

Pray - Meditate - Be Thankful

- In prayer we reveal and repent our deepest thoughts to God.
- Turning your will to Christ is a daily commitment.
- Divine perpetual manifestation is fueled by the "fruits" and the practice of sharing them.
- This is done eternally for maximum stability of life.



13 Attributes of God's Mercy

God has mercy on us, so it is our duty to practice what our Father practiced on us. This too builds character and it pleases God knowing we are trying our best to practice giving mercy to others

1. Compassion before sin

2. Compassion after sin

3. Mighty and powerful

4. Compassionate

5. Gracious

6. Slow to anger

7. Abundant in kindness

8. Truth

9. Preserver of kindness

10. Forgiving iniquity

11. Forgiving transgression

12. Pardoning

** If God can recognize value in us, then we should start practicing recognizing the worth, importance, and divine image in another person.*

MORE IDEA AND FACTS TO MEDITATE ON:

Use these statements to help fill your mind with positive life changing ideals. We have been living with negative lies that we need these truths to come alive in our life.

Earlier we stated that what we think in our mind we live out, so let's grow and mature in our spiritual journey.

- the only thing God made with His hands was us from dirt, everything else was manifested.
- Sober = sound-minded
- Sins that make us struggle in life did not lead us to death but were used for refining us
- "Eyes of your heart" enlighten
- When we get saved our Spirit is quickened and starts the healing

(*To **quicken the spirit** means to bring a dead, dormant, or exhausted spiritual condition back to life through divine power)*

- our conscious gets activated after salvation...causing us to feel shame, regret, and guilt.... moving us to repent
- when or if we backslide - those same feelings happen as a reminder of the pain we put Jesus through recognizing the shame, guilt, and regret.... it's our conscious telling us to stop it's normal.... but **Do STOP!!**

** WE ARE SPIRITUALLY MATURING WHEN THE TEMPTATIONS OF OUR ADDICTIONS DO NOT BOTHER US.*

KEEP YOUR GUARD UP AT ALL TIME THOUGH

SATAN HAS A VARIETY OF WEAPONS TO USE AGAINST US.

PRAY - PRAY -PRAY

BE THANKFUL FOR

GRACE AND GLORY

CHAPTER 10

Maintenance:

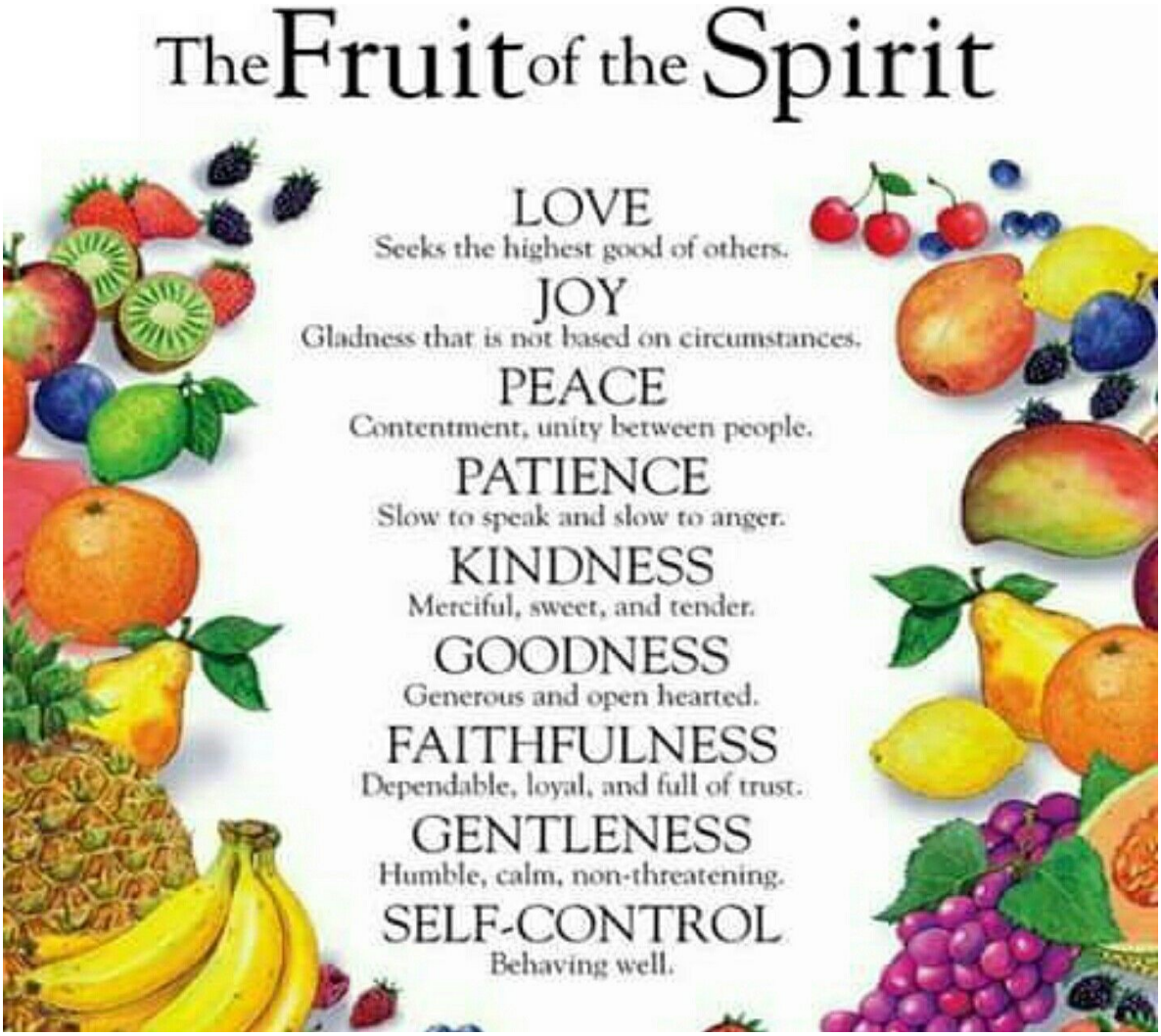
A Lifetime Commitment

I Hope this has really helped you out along your journey of recovery. That by reading this book and practicing what is in here helps you get back with God or at least start to think about it. You read this far so why not try something out of the ordinary for us addicts. I mean using was an experiment that turned into a lifestyle. Start searching for God and "experiment" with the experience He brings. Let it turn into a lifestyle and watch how much it will enrich your life. What you say you are, you will be, from your mind it will perceive. In chapter 7 you were introduced to this idea. Let's practice being a better person today then we were from yesterday. Do what a child of God would do, in your new identity. Keep searching for Him, the One that saved you. You will realize that he was waiting in arms reach, give Him a hug and don't let go.

above all, taking
The Shield
Of Faith
with which you will be able to quench all
the fiery darts of the wicked one.
Ephesians 6:16

Let the wounds from your spiritual battles remind you of how much you need Him then and now. Wait every day to be filled with the Holy Spirit. Listen for His soft voice, at times it won't be there. Know that he's letting you "walk" through life on your own. He's only a prayer away when life gets tough or the spirit of addiction starts to mess with you, because he will. At the same time, he might not let you walk through life on your own until He sees your strong enough to. Faith lets you know that it's all good, health wise, mentally, in your relationships, even your finances. God is the loving God who has all your interest in mind.

Recovery from an addiction such as ours is a lifetime commitment. Walking in faith is a lifetime commitment. Entering the Kingdom of Heaven, is the gift only God can grant. He loves you, you are a child of God now. He is our sovereign King. The spirit of addiction took everything away, but the Holy Spirit along with the grace of Jesus Christ gave you life, and blessings await you for life.



Meditation and prayer are the key to fertilizing our spiritual fruits (Divine Perpetual Manifestation), which is the nutrition that the new creation in us needs to survive. This allows us to continue down the path God has for us in a strong and confident manner. Our continual growth towards the future. Join a good spiritual group chat, a church, A.A./N.A. meetings, surround yourself with good people who care. Someone who loves God as you do. Just reflect on how much he has taken you out of, and replaced it with joy. Continue to repent those reflective moments hidden behind shame and guilt to allow for those blessings to manifest. Look at the contrast between your past & now; spiritually, mentally and physically. Don't forget to thank him for all that he has done.

I went from a reprobate mind to a God-fearing one. A drug culture lifestyle that made me isolated from the world and myself. To a spiritual life with God that I'm happy every day to wake up to and share. I pray that you give Him a chance so He can do the same in your life, because he will.

Chapter 10

Maintenance:

A Lifetime Commitment

Now let's explore on some of these commitments we have decided to invest ourselves in. From here forward God promises success in all that comes your way. Those times we couldn't handle or that stressed us out will be easier to go through with His grace and provisions. We are with the **Father** that provides not the one who lies.

THIS IS OUR NEW IDENTITY:

1st and foremost we have a new identity, we are a child of God...

this is our identity in Christ as a new creation (2 Corinthians 5:17)

** Shed the ego become an eagle (Isaiah 40:31)*

A. We are not perfect

B. We are working to be Christ-like

C. We are in constantly and daily walking to be purified

(Attained by sharing our fruits)

1. We need to make a new covenant/promise to be loyal and honest to God, by following Jesus Christ by example through Baptism. (Matthew 1:17)

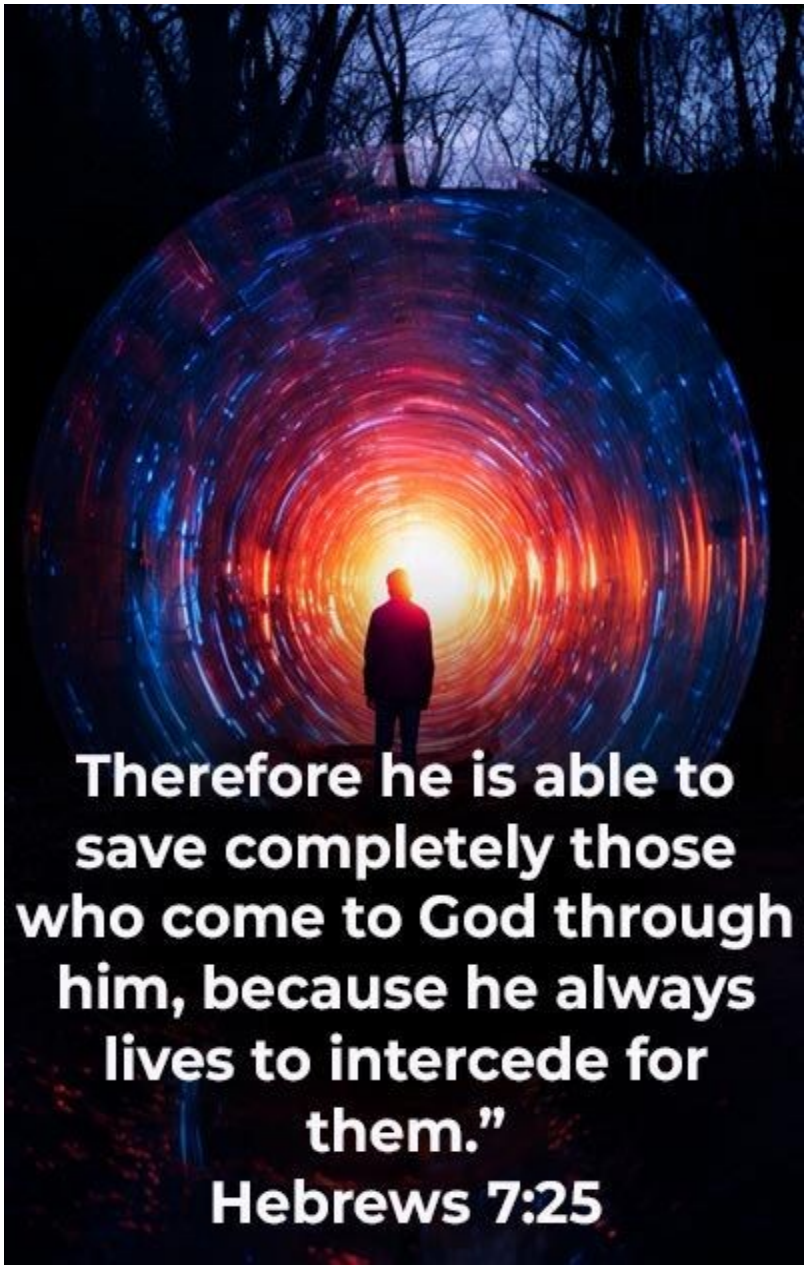
2. Communion - shows unity to Jesus Christ along with loyalty, respect, and honor.... church community (John 6:35)

3. Learn His morals, ethics, principles, do charity, Beatitudes, works, pray, meditate (listen), get intimate with Him.

* Dig deeper, connect more

* These are good starting points to your journey

* It’s a new life, new culture, new beginning


Therefore he is able to save completely those who come to God through him, because he always lives to intercede for them."
Hebrews 7:25

SPIRITULLY SURRENDER

"LET GO LET GOD"

Remember we are dealing with the paradox of God. By letting go our ego we are letting go of the old ways of thinking. We are emptying ourselves to allow the Holy Spirit to reteach us the spiritual way of thinking , living and loving. The type of love that flourishes by sharing the fruits of the spirit, sharing the experience of spiritual awakening. We are going to have this energy and love that makes us want to be at peace. Be silent in the mind and heart. Watch and experience God surge through you. But you have to have Faith and trust His work in you.

Teaches us how to:

1. Surrender through prayer

2. Focus what's thriving

3. View obstacles as detours

4. Physical relaxation (breathing)

- MEDITATION AND PRAYER IS KEY -

(+) spiritual surrender brings relief and peace. Opens up new possibilities. We just need to do our best and God has the rest.

(-) Giving up is defeat and hopelessness. We shut down and don't see a way out. We stop trying entirely.

- It’s an act of courage and faith, intentionally releasing your need to control outcomes and choosing to trust in God.
- Active acceptance of God's faith and plan for us, this action is from a place of peace with prosperous outcomes.
- Keep the "faith" of the outcome, let go of the "how" (stress of time and method of reaching the goal)
- Dropping the Ego, it involves resigning as "the general manager of the universe" you acknowledge that your personal perspective is limited and that there is a "greater plan" beyond our current understanding.

** THIS IS WHERE OUR HEALING BEGINS*

** WE ARE MAKING ROOM FOR THE SEAT OF THE LORD*

** FAITH IS HARDER THAN DRUGS*

"If the Lord had not been my help, my soul would soon have lived in the land of silence."

(Psalm 94:17)

- Reflect in meditation of our past -

"In the multitude of my thoughts within me thy comforts delight my soul."

(Psalm 94:19)

- Reflect in meditation of how God saved us from our past "down" times -

** Use the Bible for further instructions, ask for divine knowledge.*

** Enlightenment comes when we study the Word and listen for God - through prayer and meditation only.*

PRAYER:

" WATERING YOURSELF "

PRAY **R**EPENT **A**SK **Y**IELD

(Luke 11: Gives detail instructions on prayer.)

Remember that prayer is open communication to the Lord.

It might start off and feel like we are reporting to God, but you will find over time that it is more like talking to your best friend.

Prayer veers us from "slavery"

1. Relapse

2. Suicide

3. Depression

Allowing for God to producer miracles in our lives.

Prayer delivers us to our provisions

1. "Food"

2. Forgiveness

3. Freedom

Prayer helps us move forward on a daily basis. which helps us got "through it" on our daily bread.

RECOGNIZE THE SIN

EXPRESS SORROW TO GOD

PLEAD FOR HIS MERCY

ERADICATE BAD HABITS

NEVER REAPEAT THE OFFENSE

TURN TOWARD RIGHTEOUSNESS

ASK FOR FORGIVENESS

NURTURE A RENEWED MIND

COMMIT TO CHRIST LIKE LIVING

EMBRACE HIS GRACE AND FREEDOM

** PRAYER IS A TOOL/WEAPON AGAINST THE SPIRIT OF ADDICTION*

(-) low self-control (weak frontal lobe) + hyper-fixated parietal lobe (narrow ego driven focus) = Addictive Trait

Prayer - is an act of shifting the mental state - also described as "re-ordering " of the mind

from self-governance (ego)

to

being governed by the Holy Spirit

1. It creates a "Divine atmosphere" of the mind

2. Prayer without ceasing, produces a mindset that is persistent to an attitude of God-consciousness

3. Prayer as a state of mind is:

the minds tendency to turn toward the Creator is always active beneath the surface of our daily activities.

4. Deep prayer can:

A. decrease the activity in the parietal lobe

1. the "self" or ego part of the brain

2**. Sensory processing**:

Houses the somatosensory cortex, which handles touch, pain, texture, and temperature.

3**. Spatial navigation**:

Maps where your body is in relation to surrounding objects.

4**. Language and symbols**:

Helps your brain interpret numbers, letters, and spoken language.

5**. Sensorimotor integration**:

Combines sensory data from your eyes and skin to coordinate fine motor tasks like writing.

B. increases activity in the frontal lobe

1. **Executive function**:

Manages decision-making, reasoning, planning, and long-term goals.

2. **Voluntary movement**:

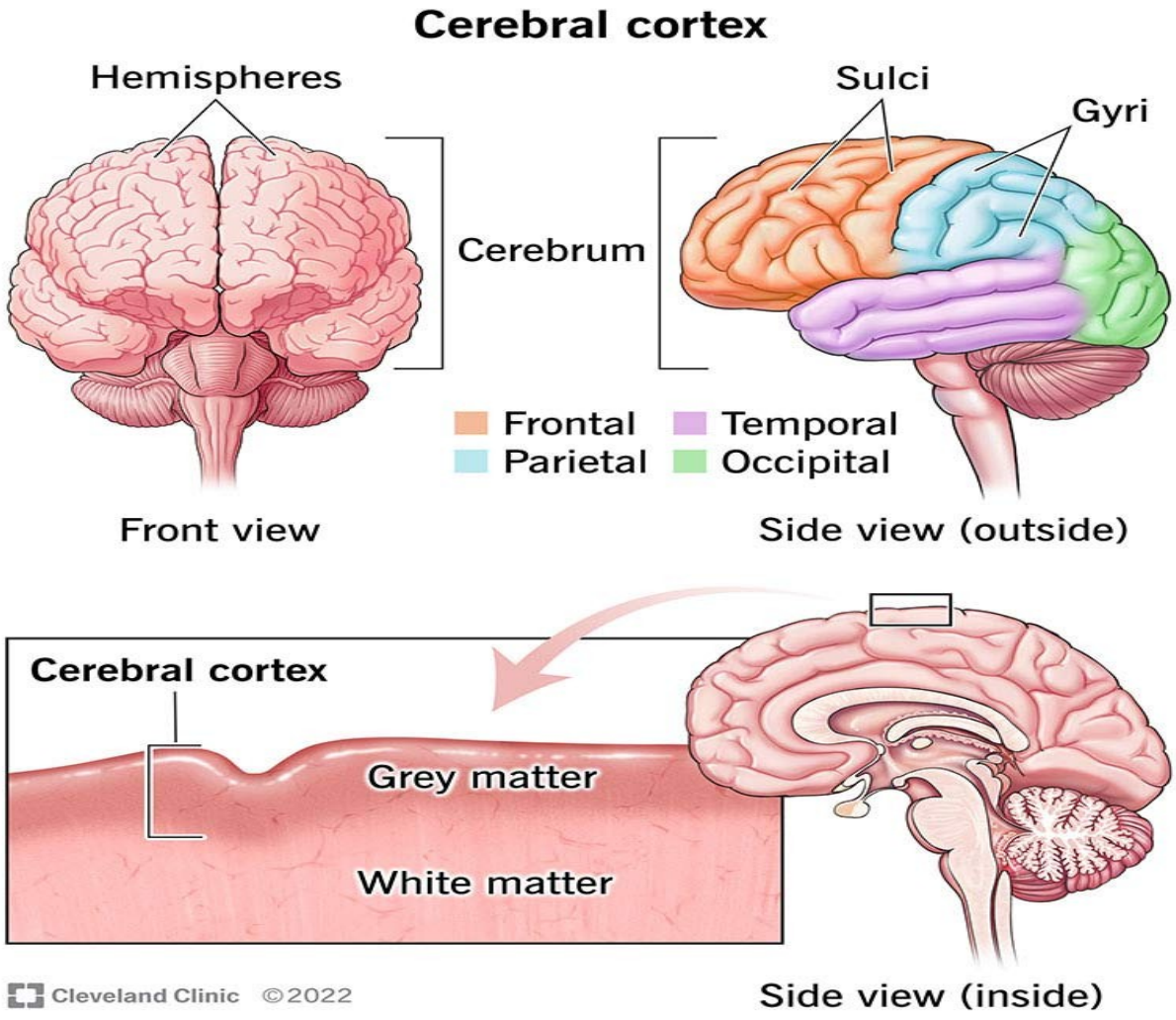
Houses the primary motor cortex, which tells your muscles to move.

3. **Speech production**:

Contains Broca's area, which physically allows you to form spoken words.

4. **Personality**:

Shapes social behavior, emotional control, and your unique personality traits.



We can use prayer to re-build, re-direct and re-establish our brains to be used as a:

1. Strong and effective tool in recovery

2. The frontal lobe (the "stop" system) gets placed in the executive seat of decision making.

A. It has the ability to plan - prioritize - make intentional choices

B. you will be able to evaluate consequences over survival necessity.

3. the parietal lobe (sense of self/"go" system)

A. Involved in receiving attention

B. How you perceive yourself in the world.

** In addiction this part of the brain gets "hi-jacked". Making us focus almost exclusively on **addictive cues**.*

** Addictive cues are those that make you want to use....*

"TRIGGERS":

External - people, places, events, routine, sensory cues (5-senses)

Internal - emotions, physical sensations (lusts), thought patterns (“war" stories, glamorizing times)

**All this is parietal lobe activity - turned into addictive behavior.*

1. This narrows your world until the addiction is the only thing your brain truly "sees"

2. Ego and awareness are associated with a sense of separate, physical "self"

Meditation and prayer have been shown to quiet this parietal activity.

Practicing this can feel like a "release" from the heavy burden of the Ego.

(The hooks of the spirit of addiction are releasing.)

The practice of meditation and prayer are key in:

1. Emotional sobriety

2. Spiritually surrendering

(I encourage you to study deeply both of these concepts in recovery. This is how we grow and develop in recovery)

** When a question is asked to God, wait!!*

Doing so helps us develop 2 fruits:

Patience & Love

Points to Ponder

** When we know God, we understand what hurts him or displeases him.*

** Our goal is to make him happy and please him*

** Prayer + (speech - action - mannerism) = Heart*

Divine Perpetual Manifestation works on:

1. Character and emotions

2. Build a stronger connection to God

STORIES OF SPIRITUAL REDEMPTION TO PONDER UPON

Here are powerful Old Testament examples and stories that perfectly mirror each of the five Principles of Spiritual Redemption from the Spirit of Addiction:

1. Spiritual Awakening / Honesty: David’s Confession

- **The Story:** After hiding his sins for months, King David is confronted by the prophet Nathan. David immediately breaks through his denial, owns his actions, and awakens to his true spiritual state.
- **The Scripture: Psalm 51:3, 10** – *"For I know my transgressions, and my sin is always before me... Create in me a pure heart, O God, and renew a steadfast spirit within me."*
-

2. Quicken Spirit / Mind Transformation: Ezekiel's Valley of Dry Bones

- **The Story:** God brings Ezekiel to a valley filled with dead, dry bones representing a hopeless people. God commands the wind (the Spirit) to breathe into them, instantly quickening them, bringing them to life, and shifting their mindset from despair to victory.
- **The Scripture: Ezekiel 37:14** – *"I will put my Spirit in you and you will live, and I will settle you in your own land."*
-

3. Baptism / Grace: Naaman's Cleansing in the Jordan

- **The Story:** Naaman, a powerful commander, suffers from leprosy (a physical symbol of sin and brokenness). He is told to dip himself in the Jordan River seven times. When he surrenders his pride and submerges himself, he receives unearned grace—his flesh and spirit are completely restored.
- **The Scripture: 2 Kings 5:14** – *"So he went down and dipped himself in the Jordan seven times... and his flesh was restored and became clean like that of a young boy."*
-

4. Holy Spirit Guidance / New Identity: Jacob Becomes Israel

- **The Story:** Jacob's old identity is defined by his name, which means "deceiver" or "schemer." After a night of wrestling with God and surrendering to divine guidance, God strips away his old reputation and gives him a brand-new, noble identity.
- **The Scripture: Genesis 32:28** – *"Then the man said, 'Your name will no longer be Jacob, but Israel, because you have struggled with God and with humans and have overcome.'"*
-

5. Maintenance: Nehemiah Rebuilding and Guarding the Wall

- **The Story:** After rebuilding the walls of Jerusalem, Nehemiah realizes that getting the wall up isn't enough; they have to maintain it. He sets up regular guards, creates shifts, and keeps the people armed and alert to prevent the enemy from destroying their progress.
- **The Scripture: Nehemiah 4:17-18** – *"...those who carried materials did their work with one hand and held a weapon in the other, and each of the builders wore his sword at his side as he worked."*

It's amazing how old these stories and how closely they are relatable to our stories in addiction. God's plan for all of us is so tight nit and perfect. We forgot over time how much he really loved us, especially with the spirit of addiction enslaving us. He has told us so many lies and misled us that these stories were the last things on our mind. Chasing the dragon, "good times, or isolating ourselves was the #1 priority in our lives. Here is a little realization, the worldly promise of pleasure and lust has ended. God's promise of eternal love and protection has never left us. Think about this, even in our worst times he was there,

the angel that hugged you when you were down. He was the one who wiped your tears, led you this far to open this book and search for redemption. He has kept you alive to awaken and shine, like you were created to do. He is our father and like the prodigal son/daughter, he was waiting for you to return and ask for help. Remember all he needed was 1% to ignite a fire in us. His plan is perfect, whether it be for redemption, progress or stability. He only wants the best for us. Read these stories and see how you fit in perfectly in His story of humanity. If nothing else realize that our purpose was to just to **Be....** without harm or sorrow. Life will come with its own tough times, so we don't need to take it in our own hands.... we let go and let God.

If at first, you're not "feeling it", just thumb through the pages. Let some of the words sit on your mind. You will notice a change in heart, literally, that's him inviting you to explore the new you. A child of Christ with a Divine connection to Him. He wants to conversate with you and hear all your sorrows. This is a good time to repent and thank him for redeeming you. Even to this day I continually repent and thank him. I escape into deep conversation with Him, instead of using & hiding into deep isolation within myself. He knows all our sins but grace (Jesus Christ) has open doors for us to face Him with confidence. This is peaceful and fulfilling, I invite you to do the same. It's the perfect way to keep up with maintenance and receive guidance. Recovery is a lifelong walk and so is walking with Jesus. The beauty of it is even recovery will end but our walk with Jesus is eternal, our life with him is the only thing that breaks the limits of time and space. He is with us at all times and will be with us at all times.

You made it this far and I hope you accept the changes of the new you. Jesus Christ is in the business of redeeming what is his from the perils of the fallen world and misled humanity in a corrupt society. We are the gems that he seeks, the broken vessels that make up His church of beautiful mosaic art pieces, each of us uniquely created to form His perfect church.